BBC goodfood Middle East
October 2018
DHS15 | QR15
www.bbcgoodfoodme.com

CELEBRATION CAKES

Drippy salted caramel pear cake, elderflower & lemon cake, raspberry & ginger cake, & more

Have a slice, it's our 11th birthday!

Host a homemade Halloween

SPOOKY RECIPES: *pumpkin hummous, wicked apples, black velvet cupcakes & mummy pies*



7 speedy suppers

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Tried & Tasted:

- *Al Mahara by Nathan Outlaw*
- *Barbary Deli + Cocktail Club*
- *World Cut Steakhouse*
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How to keep a balanced diet while juggling a hectic schedule

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Welcome to October!



We're celebrating with cake this month. Why? It's been eleven years since CPI Media Group launched the much-loved *BBC Good Food* brand in the Middle East. Since then, the title has gone from strength to strength, bringing its readership infallible, easy-to-make recipes, trustworthy tried-and-tasted restaurant and destination reviews, trend updates and one-to-ones with world-renowned chefs, plus much more, on a monthly basis in print and daily online at bbcgoodfoodme.com – and what a journey it has been.

Inside this very special birthday issue, we're delighted to share with you a selection of some of our favourite cakes and bakes – what better way to celebrate than with cake, right?

I'd like to personally thank you, for your continued support and loyalty over the years. We wouldn't have evolved to where we are today without you or your love for good (really good) food.

Here's to many, many more years of *BBC Good Food Middle East!*

Happy baking,

Sophie

Editor

This month we celebrate BBC Good Food Middle East's eleventh birthday – so, let's celebrate with cake – here are a few of our favourites!



"Our elderflower & lemon cake is a true showstopper. Did you know that Meghan and Harry choose this as their wedding cake flavour?" says sales executive, Liz.



Online editor, Glesni says: "This giant choc ice cakes brings me back to my childhood. If you're a fan of Viennetta, definitely give this recipe a whirl!"



"This rainbow cake may look challenging to make, but it's actually pretty easy and tastes fantastic", designer Froilan says.

BBC goodfood Middle East

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V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

gf YOUR SAY

We love hearing from you!

STAR LETTER



I love BBC Good Food Middle East – it's a great platform for a quick review of the best cuisines and restaurants in the region. Being a die-hard foodie, I always get to know the latest openings, chef's in town and events happening within just minutes of connecting with BBC Good Food ME. The best part is for me to check the reviews, before dining myself and these reviews are thoroughly reliable! Also, when I get into the kitchen, I don't need to think twice about what to make as there's an overwhelming selection of delicious recipes to hand, which are unique every time, and always accessible through bbcgoodfoodme.com. Great job BBC Good Food ME team, please continue making us fall in love with food!

Khadija Afzal



Thank you so much BBC Good Food ME for the amazing Back to School issue in September. I loved the easy breakfast and lunchbox recipes. I always take photos of the recipes and save them on my phone. My favourite was the mince and pea pie, plus the venison chili cottage pie recipes. I particularly loved Nadiyaa's take on how to make the kids eat their greens. As a mom of two myself, I always try to incorporate new and different recipes in my kids diets and this magazine always gives me lots of ideas. What I like most about this magazine is that there is always something that will keep people from all walks of life interested. I love how you featured child-friendly restaurants. As a mom to a toddler, I always try to find a restaurant where there is a small play area for the kids, so I can eat my meal in peace. I love how you review so many new and delicious restaurants out and about in Dubai that I can add to my bucket list! Looking forward to the next issue!

Noor Nishal



I have such a sweet tooth and have to say the September issue's cover was by far one of my favourites to date with the fruity 'taste of the tropic' tarts on the front cover. I made them at a dinner party I hosted last week and everyone thought I'd bought them as a professional bakery – they looked so good. Thanks BBC Good Food ME! Please keep the recipes that impress but are easy to make coming!

Sandra Banks

WIN!

The Winner of the Star letter receives a **1,000 AED shopping voucher from Tavola,** the leading retailer for your favorite brands of kitchen products, tableware and bakeware. Shop for Alessi, WMF, Staub, Zwilling Henckels, Vitamix, Wilton and much more in our stores across the GCC and online: **www.tavolashop.com**



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

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Compiled by SOPHIE VOELZING | Photographs SUPPLIED

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





DATES FOR THE DIARY

Taste of Abu Dhabi – November 8, 9 & 10

Taste of Abu Dhabi in partnership with Local Harvest returns to du Arena on Yas Island for three days of family fun, live music and food from 8-10th November 2018. Celebrating its 5th anniversary, as the Capital's favourite food, drink & music festival, save the date and get ready to 'taste' your way around the Capital's best restaurants. 'Early Bird' tickets are now on sale for a limited period of time. To book tickets and keep up-to-date with the latest news on Taste of Abu Dhabi in partnership with Local Harvest, suppliers of fresh products from farms in Abu Dhabi visit tasteabudhabi.com.

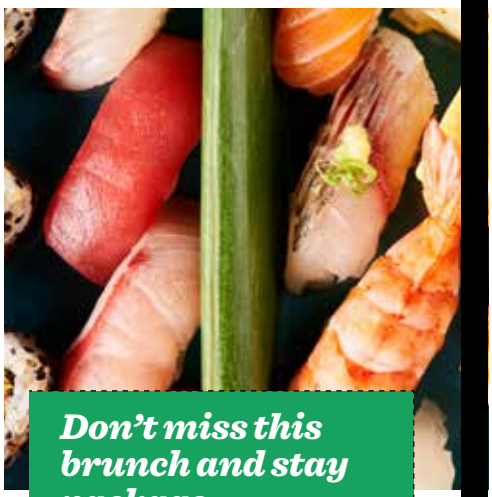
THE BEST BITES

Pre-order your Halloween pumpkin with Kibsons

Parents, teachers and trick-or-treaters, Halloween is on October 31. In celebration of the fun holiday, Kibsons has revealed its 'spooktastic range' of pumpkins – offering their largest selection to date, including pumpkins all sorts of colours, shapes and sizes. There's cannonball pumpkins, mini orange or white pumkins, warty minion pumkins, wee-be-little pumpkins, and more to choose from.

The ordering process is so simple, it's scary. All you need to do is pick your pumpkin before the clock strikes midnight on October 13 and choose a delivery date leading up to October 31 that suits you. Kibsons will then take care of the rest. For more information, visit kibsons.com or call +971 800 5427667.

Text SOPHIE MCCARRICK | Photographs SUPPLIED



Don't miss this brunch and stay package

Morimoto Dubai and Renaissance Downtown Hotel, Dubai are giving its guests a chance to dine and unwind with a specially curated brunch staycation package. The offer includes the brand-new Morimoto Brunch with house beverages and an overnight stay for two at Renaissance Downtown Hotel, Dubai with breakfast at BHAR the following day – all for Dhs1,850 per two guests per night plus taxes

This unique package offers brunch-goers an extensive selection of Chef Morimoto's Japanese-infused signature dishes paired with a selection of Zodiac cocktails, house beverages or sake at a dedicated sake bar, whilst soaking up the lively brunch atmosphere at Morimoto Dubai from 12.30pm to 4pm. Following a fun-filled brunch, which includes a brunch after-party with DJ Somalie, guests can relax in a comfortable Deluxe room for an overnight stay at Renaissance Downtown Hotel, Dubai. The next morning, guests will indulge in an international breakfast spread at BHAR, Modern Middle Eastern Brasserie.

Available to book from 28th September until 28th December 2018 on Thursdays or Fridays only. For reservations, call 04 512 5555.

Tackling food wastage at home



A new study has revealed that more than one trillion dollars' worth of food goes to waste in the Middle East each year. According to the study by YouGov earlier this year, Saudi Arabia alone, accounts for an estimated economic impact of $13.3 billion per year from food waste, while in the UAE, 40% of the country's total waste is derived from food. As the region faces the largest deficit between food production and food needs of the population, Ariston is raising awareness on the challenge and promoting positive ways in which we can all make a real impact in our homes. Here are some simple tips to avoid food wastage:

1. Plan your weekly menu – but check the supplies you have at home first
2. Draw up your shopping list – prioritise in season and local food products, read labels, experiment with less expensive cuts of meat or kinds of fish
3. Preserve food properly – Put it on the right shelf in the fridge, in the freezer, or in the pantry
4. Keep an eye on the quantity – Use scales and measuring cups for your ingredients, calculate portions on the basis of likely consumption
5. Reuse leftovers – Ovens and hobs with technologies that ensure no burnt food, non-stick pots and pans, small appliances that reduce waste to a minimum
6. Use suitable appliances – Dig out traditional recipes to make with leftovers, try making jams with over-ripe fruit, preserves in oil or vinegar using leftover vegetables
7. Take care over waste too – Give a second chance to food that's definitely to throw away by using a food recycler or putting it in the wet waste

RAMSEY RETURNS TO ATLANTIS THIS MONTH



Chef Gordon Ramsay will be visiting his restaurant, Bread Street Kitchen & Bar at Atlantis, The Palm on October 11 to host 'Fit Thursday' in celebration of his new cookbook 'Gordon Ramsay Ultimate Fit Food'. During the event, guests will be the first to try Gordon's brand new 'Fit Food' inspired menu and recipes with a special four course meal.

For Dhs295 and taking place from 7pm, guests will be welcomed with a signature cocktail on arrival, followed by a four-course set menu featuring signatures from Gordon's new 'fit food' menu and cookbook including, British pea and coconut soup and tuna tartare with avocado to start, baked chicken with butternut beans, leaks and cabbage for the main and a scrumptious 'cheesecake in a jam jar' for dessert. Free-flowing sparkling and still water will also be included. The evening will also be complete with a live busker, singing the best of British music from the 80s to present day. For reservations, call + 971 4 426 1110 or email restaurantreservations@atlantisthepalm.com.



MEET THE FIRST-EVER 'ULTIMATE GOLD CAPPUCCINO'

Yes, you guessed it – this all-gold cappuccino was created in Dubai, at none other than the Burj Al Arab. Known as 'The Ultimate Gold Cappuccino', this Dhs85 coffee is served at the Sahn Eddar Lounge at Burj Al Arab daily from 8am – 11pm, if you fancy giving it a try! The luxury drink is topped with 24-carat gold and is made using 100% Arabica beans, poured into perfectly foamed milk that is then delicately blended with a generous quantity of luxurious 24-carat gold. The cappuccino is then sprinkled with more gold flakes and embellished with the infamous Burj Al Arab design.

AlilA
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JABAL AKHDAR . OMAN



Juniper - Oman Restaurant of the year 2017

Feast your eyes on the mountain horizon, immerse in the delicious embrace of an unforgettable rustic dining, favour an international menu inspired by the golden age of Arabic cuisine, influenced by trade routes that stretched from the Middle East to the Mediterranean region.

Allow our culinary team to wow you with a rich variety of flavours using fresh and seasonal local produce crafted to gastronomic perfection.

Refresh with a taste of mountain life - Marhaba!

Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

GAIA

DIFC is set to welcome a new home-grown Greek-Mediterranean restaurant later this month. GAIA, by Chef Izu Ani and Bulldozer Group, aims to showcase the core elements of Grecian culture, combining genuine, warm hospitality with a wholesome ambiance to welcome visitors from all paths of life. The menu combines traditional flavours, fresh ingredients and the simplicity of home cooking, each dish showcases the true essence of Aegan cuisine, tailored to suit Dubai's cosmopolitan dining scene. Inspired by the Grecian coastal islands, fresh seafood and sea-born delicacies are a focal point of GAIA's offering. Watch this space for the opening!

Spheerz, Mina Rashid

From the streets of Japan to the heart of Marina Cubes, Mina Rashid, Spheerz is a new dining experience that pays tribute to contemporary Japanese cuisine. Now open, the restaurant serves dishes such as takoyaki (ball-shaped Japanese delicacy made of a wheat flour-based batter filled, typically filled with diced octopus), okonomiyaki (savoury pancake) and yakitori (grilled skewers of seafood, meat or vegetables). The restaurant seats 48 with views overlooking the dock, along with prime spots to watch the sun set behind the iconic Queen Elizabeth 2 ship. Call 04-3301404.

Indya By Vineet, Le Royal Meridien Beach Resort & Spa

From the heart and mind of award-winning Chef Vineet Bhatia comes a fresh new concept. Indya By Vineet is set to launch in November at Le Royal Meridien Beach Resort & Spa, and promises to give a whole new meaning to Indian street food. The new restaurant takes a contemporary approach to all-time favourite Indian street staples in a vibrant, colourful and eclectic backdrop inspired by the culture, spirit and vitality of the motherland. Indya by Vineet will serve up elevated versions of street food in signature Chef Vineet style, translating the spirit of India whilst flipping convention on its back. The licensed 90-seater restaurant will boast an outdoor terrace, as well as a bar.

Text by SOPHIE VOELZING | Photographs SUPPLIED

GAIA



AtmosFire, Jumeirah Beach Road

AtmosFire is an exciting new contemporary barbeque and open fire pit restaurant concept where globally sourced meats are aged and then grilled and roasted to perfection by a team of fire chefs in front of guests. Inspired by the best traditional barbeque techniques like the spit roast, robata, Argentinian Asada flame grill, the clay oven and rotisseries, AtmosFire combines all of these cooking techniques under one roof. Now open for business, expect to find a wide-range of high-quality cuts and varieties of meat at AtmosFire, such as Devonshire black Angus tomahawk cutlets, whole rump of 5-year Welsh mutton, saddle and rack of suckling black face lamb, whole Persian guinea fowl, venison and much more. Call 056 665 2226.



Great British Restaurant, DUKES Dubai

Longing for brunch with a twist? Look no further, DUKE's Dubai's dress-to-impress themed brunch says it all. Every Friday from 1pm to 4pm, head down to the Great British Restaurant in your most stylish attire for a fun and elegant way of brunching. Be one amongst the few for a chance to win a one-night stay at DUKES Dubai where you will take in unparalleled views of the stunning Dubai Marina skyline and Palm Jumeirah. Priced at Dhs399 per person with house beverages. For reservations, call +971 (0) 4 455 1101 or e-mail dining.dubai@dukeshotel.com.

Fairmont Bab Al Bahr

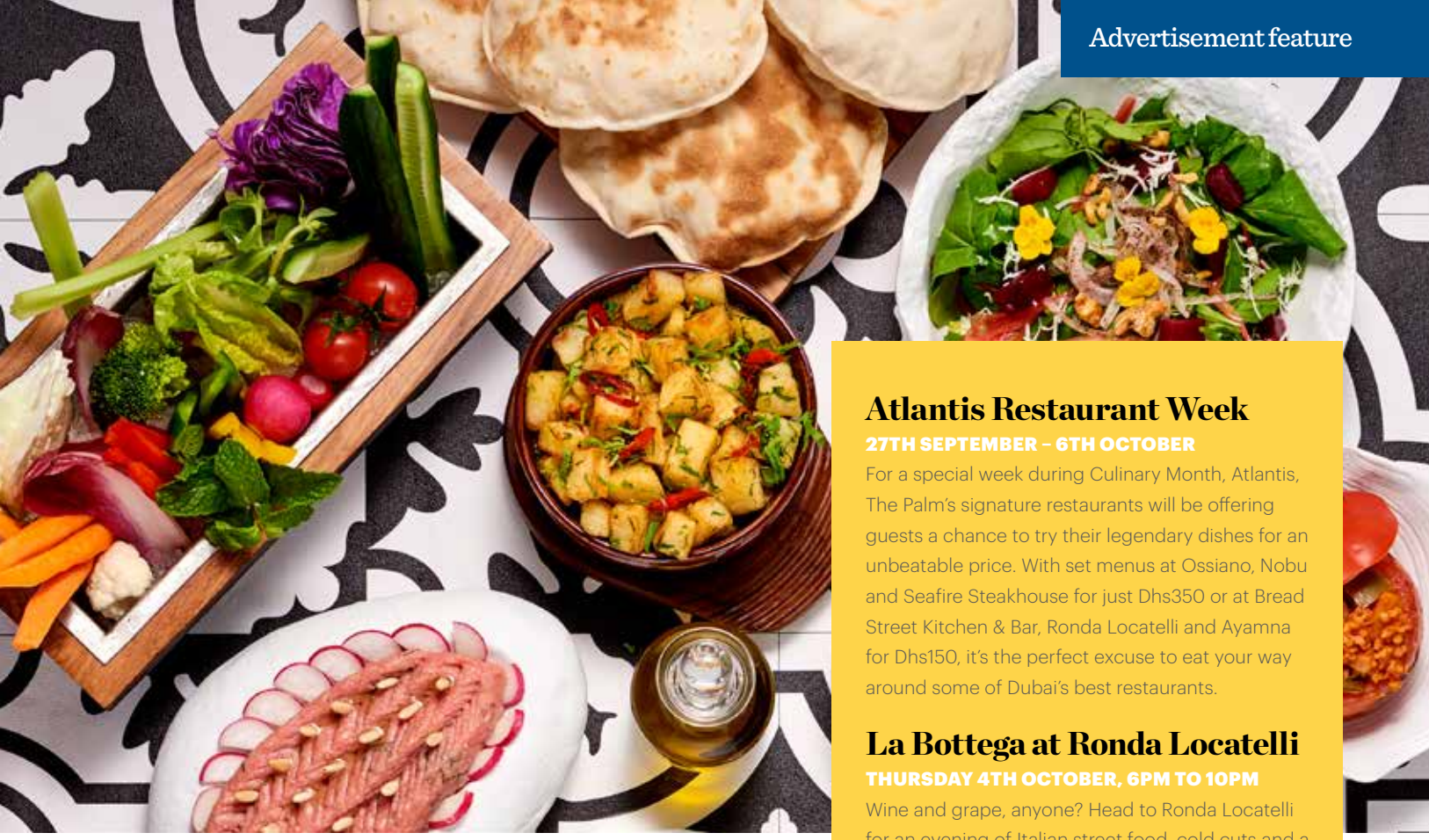
The rules go out of the window every Friday, with an extensive array of brunch favourites on offer across Fairmont Bab Al Bahr's restaurants and bars – Marco Pierre White Steakhouse & Grill, Frankie's Italian, Sports Café and CuiScene. Embark on a fantastic gourmet journey around the world at Fairmont Bab Al Bahr. Savour culinary pleasures from across the globe and discover a full portfolio of flavours. With live DJs, dedicated kids' buffet, and entertainment for all ages, enjoy an unforgettable experience for the whole family. Taking place every Friday from 12pm to 4pm, brunch is priced at AED 345 with soft drinks, AED 549 with hops and vines, and AED 645 with bubbly. For reservations e-mail dining.bab@fairmont.com or call +971 2 654 3238.





Prego's, Media Rotana

Prego's at Media Rotana brings home-style cooking to you with their new Friday Brunch; The Great Italian Brunch invites the whole family to relish in the authentic flavours of the Italian cuisine. Gather together and seize the moment at Prego's, as it embraces you with the familiar scents and sights of familial cooking with their vast range of dishes and delights. Every member has mountains to enjoy, a delicious crisp salad, a creamy risotto or the hand-made pasta which is a classic favourite. Disconnect from the outside world and reconnect with your own 'famiglia'. Taking place every Friday from 12pm to 3.30pm, brunch packages start from Dhs200. For reservations, call 04-4350201.







Atlantis Culinary Month is back!

Mark your calendars, foodies – Atlantis Culinary Month is back at Atlantis, The Palm this month and it's better than ever

As the leading culinary destination in Dubai, Atlantis, The Palm is known for its world-renowned restaurants and there's no better time to try them all that Culinary Month! Kicking off on 27th September, the iconic resort is inviting guests to get amongst the month-long food-fuelled extravaganza, including meet and greets with Nobu Matsuhisa and Gordon Ramsay, set menus, special events and so much more. Foodies, lock these dates in your calendar...

Atlantis, The Palm
Call: +971 4 426 2000
E-mail: atlantisthepalm.com

Atlantis Restaurant Week

27TH SEPTEMBER – 6TH OCTOBER

For a special week during Culinary Month, Atlantis, The Palm's signature restaurants will be offering guests a chance to try their legendary dishes for an unbeatable price. With set menus at Ossiano, Nobu and Seafire Steakhouse for just Dhs350 or at Bread Street Kitchen & Bar, Ronda Locatelli and Ayamna for Dhs150, it's the perfect excuse to eat your way around some of Dubai's best restaurants.

La Bottega at Ronda Locatelli

THURSDAY 4TH OCTOBER, 6PM TO 10PM

Wine and grape, anyone? Head to Ronda Locatelli for an evening of Italian street food, cold cuts and a vast selection of cheeses.

Price: Dhs190 per hour for free-flowing grape + Dhs90 for one additional hour

Caviar degustation at Ossiano

SATURDAY 13TH OCTOBER, 6.30PM TO 10.30PM

Dive into a 6-course degustation featuring exclusive caviars from around the world at Ossiano, Atlantis' underwater restaurant.

Price: Starting from Dhs830

Carnival by Tresind x Ossiano Four Hands Dinner

FRIDAY 19TH AND SATURDAY 20TH OCTOBER, 6.30PM TO 10.30PM

Voted one of the top 10 best chefs in the world, Chef de Cuisine Gregoire Berge of Ossiano will join forces with celebrated Chef Himanshu Saini of Carnival Tresind Dubai for an exclusive 11-course dinner.

Price: Starting from Dhs950

South African celebrity chef joins forces with Seafire's Raymond Wong

THURSDAY 18TH OCTOBER, 7PM TO 11PM

Guests can enjoy an interactive BBQ Braai dinner and on 19th October between 7pm-11pm, when Chef Raymond and Reuben Riffel of One&Only Cape Town will serve a special 6-course meat feast menu paired with the finest South African grape.



Nosh, Mövenpick Hotel Jumeirah Lakes Towers

The Cartoon Brunch is back at Nosh with a fresh look and even fresher dishes and buffets. Inspired by fun and bright cartoons, it brings guests to an exciting journey of illustrative food stations presented in an innovative way to entertain both adults and kids alike. The buffet selection is guaranteed to deliver a huge rush of excitement with live tandoori kebabs, street food corner, poached seafood, sashimi and sushi station, Italian corner with delicious pizzas and pastas as well as a chocolate fountain in the desserts station to add flair. The little ones will be kept busy with weekly balloon binder entertainment in the privacy of their dedicated kids' corner that boasts of a 'Power Bites' buffet, face painting, movies, colouring mats, photo booth and other activities. The Cartoon Brunch Buffet is available every Friday from 12.30 pm to 4.00 pm and is priced at AED 179 per person including soft beverages and AED 289 including house beverages. Children from 6 years to 12 years dine at half price while those under 6 years dine with compliments. For reservations, call +971 4 438 0000 or visit www.movenpick.com/jumeirah-lakes-towers.

Back to Brunch at Marriott Hotels



Kick-start the 'back to brunch' season with incredible offers at more than 40 venues across Marriott International Hotels in the UAE from 4 October to 4 November 2018.

Enjoy 2-for-1 on soft brunch packages, indulge with free brunch package upgrades and feel like a true VIP with first-class hospitality that includes priority seating and first drinks service. From family-friendly brunches and al fresco options, to glam, party brunches – the 'Back to Brunch' campaign with Marriott features offers for all ages, tastes and preferences. For the full list of participating outlets, head to BackToBrunch. com, where you can download your vouchers and make reservations online for unmissable events, including the likes of Bubbalicious, The Hive at The Warehouse, The Morimoto Brunch and many more.

Yalumba, Le Méridien Dubai Hotel & Conference Centre



At Yalumba's weekly Friday 'Brunchology' brunch, cruise through amazing live cooking stations reflecting cuisines from all around the world. Enjoy a diverse spread including seafood, Asian, Arabic and international delicacies over magnificent views of the pool. The brunch offers a delicious international buffet with free-flowing drinks stations and live entertainment. Every Friday from 12.30pm to 3.30pm, brunch packages start from AED 389 per person with endless eats and free-flowing sparkling grape or vintage bubbles for AED529. For reservations, call +971 4 702-2455 or e-mail restaurants.lmd@lemeridien.com.



Al Bahou, Mövenpick Hotel Ibn Battuta Gate Dubai

Looking for a new brunch to try? Head to Al Bahou, every Friday from 12.30pm to 4pm – this fully inclusive dining extravaganza is a lavish way to celebrate Fridays with the whole family. It caters for people of all ages who are looking to experience a unique culinary journey under the impressive 88 magical Middle Eastern lanterns. The Al Bahou Friday Family Brunch offers an extensive variety of culinary showcases and live cooking stations where five of the hotel's main restaurants Shanghai Chic, Chor Bazaar, Sicilia, Mistral and Moroc Lounge & Bar all contribute to the Friday brunch. This ultimately results in over a dozen live cooking stations that feature Chinese, Indian, Italian, Arabic and North African cuisine, interspersed with classic international dishes. The culinary showcase also features an exclusive children's buffet spread with a selection of inventive and colourful dishes that are fresh, nutritious and composed of carefully selected ingredients. The Al Bahou brunch is a great choice for families as various fun-filled activities are staged for children. With the sounds of live music to keep everyone entertained, there is also a giant jumping castle, indoor cinema, separate kids' buffet and access to the Little Birds Club for the younger guests to allow parents to fully enjoy the Brunch. Priced at Dhs340 with soft drinks, Dhs445 with house beverages, Dhs630 with premium beverages, and children 7-12 have 50% discount, while children under 6 are free. Call 04 444 0000.



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QUATTRO PASSI | Authentic flavours of Southern Italy



MAIDEN SHANGHAI
Bing's Peking Duck

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CELEBRITY **DJ'S**

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25TH OCTOBER 2018

LIVE **ENTERTAINMENT**

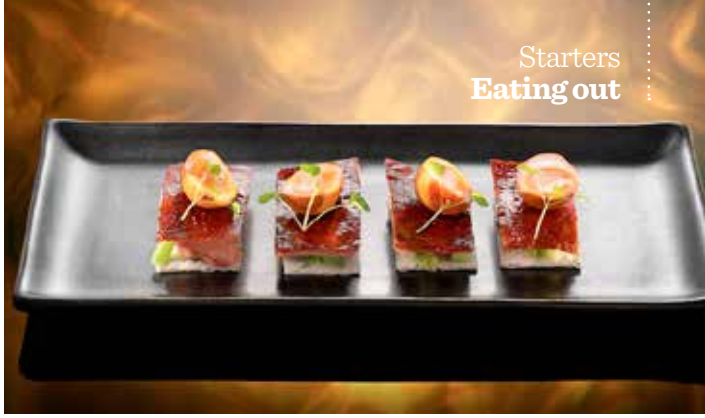
UNIQUE EVENTS

MIXOLOGY FESTIVAL WITH MATTHIAS GIROUD

Executive World-Wide Bar Chef Buddha Bar Group

17TH - 20TH OCTOBER 2018

Buddha-Bar Beach Abu Dhabi
The St. Regis Saadiyat Island Resort, Abu Dhabi
For more information, contact: +971 2 498 8888 | Stay connected on WhatsApp: +971 50 621 3583
Email: restaurant.saadiyat@stregis.com | @buddhabarbeachabudhabi |



EAT OUT

ABU DHABI

Dining deals and happenings in the capital this month.



HOI AN, SHANGRI-LA HOTEL, QARYAT AL BERI, ABU DHABI

Located in Shangri-La Hotel, Qaryat Al Beri, Abu Dhabi, the Vietnamese restaurant is known for its authenticity, particularly for the stocks that form the base of the traditional pho noodle soup which are concocted for several hours. This season, Ta Van Ninh, chef de cuisine at Hoi An, has introduced a variety of new dishes including the classic wagyu beef and vegetable stew, lotus-leaf wrapped ginger seabass and spicy curry noodles with fragrant chicken. Shellfish fanatics can opt for the coconut prawns served with fruit salsa, baked oysters or fresh whole Canadian lobster with lemongrass and kaffir lime leaves.

Those looking to sample the diversity offered in Vietnamese cuisine can enjoy a five-course set menu with the chef's favourites for AED 340. For an additional AED 240, the Chef's Creation menu includes wine pairing. Call 02 509 8888.

HAKKASAN ABU DHABI

Hakkasan Abu Dhabi is saying 'Guó Qìng Jiē Kuài Lè' or 'Happy National Day' as it prepares to celebrate Chinese Golden Week with a signature set menu from 24 September to 7 October, featuring authentic Cantonese dishes with a golden twist. This Golden Week, Hakkasan Abu Dhabi launches festivities to mark the founding of the Republic of China in October 1949, Hakkasan will offer a unique menu designed by Hakkasan's Michelin-Starred Executive Chef Tong Chee Hwee over a celebratory two-week period.

The special three-course menu will serve up some of Hakkasan's renowned dishes including its signature Peking duck with braised quail egg, and steamed black kingfish fillet with saffron sauce, priced at 398 AED per person for a minimum of two guests. Other Golden Week-inspired dishes on the menu include gold dim sum, a 'Touch of Gold' dessert, and "The Golden Era" beverage which celebrates opulence and decadence, with premium bubbly, pomelo, lemon and five spice. Call +971 2 690 7739 or e-mail hakkasan@emiratespalace.ae.

Two new family-friendly brunches to try!



LAS BRISAS, EMIRATES PALACE

A new brunch concept has launched at Las Brisas. Navigate a Mediterranean weekend market and make your selection from an array of sumptuous dishes. Lose yourself in the aisles and soak up the lively atmosphere while the tantalizing smells from the fromagerie and boulangerie entice you in.

Indulge in a diverse array of Mediterranean delights, from the organic vegetable garden, to Spanish tapas, Arabic mezze and a juice and fruit bar. Expect the unexpected when it comes to live cooking and delight the senses with wagyu burgers and short rib from the parrilla grill, organic eggs dishes, a paella corner, and the ever-popular fish and chip shop.

Brunch culminates in true Emirates Palace style with the coffee bar, patisserie and boulangerie stalls, created by our new Executive Pastry Chef Francois Leo and resulting in a finale that's sure to be remembered.

Brunch takes place every Friday from 12.30pm – 4pm. Kick-off is 26 October and the brunch runs through April 2019. Priced at AED 370 with soft drinks, AED 465 with hops and grapes, AED680 with free flow bubbles, and AED 780 with French bubbles. Children between 6 and 10 years are priced at AED185. Call 02 690 9000.



ORIGINS, YAS HOTEL ABU DHABI

Origins has announced the launch of its brand-new brunch, 'The Brunch Express', a family themed brunch taking place every Saturday, offering a fun-filled afternoon for every age. This new brunch offering is designed to cater to every member of the family where kids are fully entertained with their very own kid-friendly menu and play zone, giving parents the chance to let their hair down or join in for some true family bonding. Youngsters are treated to their very own culinary escapade with the all-new Ollie The Train buffet, serving kid friendly dishes from an array of rainbow coloured carriages. Adding a pop of excitement to the family brunch, Ollie the Train will stop by every Saturday to deliver delicious portions of mac 'n' cheese, chicken nuggets and a choice of healthy snacks, alongside a tantalizing dessert and candy bar, candyfloss trolley, ice cream station and popcorn machine. A line-up of activities will also add to the fun-factor including cookie decorating, a Playstation zone and a bouncy castle to help them let off steam.

With the kids fully catered for under full supervision, adults can enjoy the impressive selection of live cooking stations boasting international fare.

Guests can then extend the fun with a complementary after-brunch pool pass, granting them access to Latitude, Yas Hotel's family rooftop pool with views across Yas Marina Circuit.

Priced at AED 190 for soft package, AED 290 for house (1 kid under 12 eats free when accompanied by 1 adult, AED 95 for each kid not accompanied by a paying adult), brunch takes place every Saturday from 12.30pm to 4.00pm. Call +971 2 656 0600 or e-mail dining@marriott.com.

Text SOPHIE VOELZING | Photographs SUPPLIED

FLAVORED BUTTERS
A GASTRONOMY SECRET

Black Olive butter, butter with nuts, garlic, or citrus....
European butter is a product full of surprises and can come in a range of unexpected flavors,
By flavoring your butter, you can sublime the simplest dishes!

SWEET & SAVORY FLAVORING

"Beurre maître d'hôtel" (parsley and lemon butter) or "Café de Paris" (mustard, spices and herbs) for grilled meats, anchovy butter or salmon butter for toast, butter with sage for gnocchi and ravioli, citrus butter for crêpes Suzette... Refined treats and inspired dishes halfway between tradition and modernity, flavored butter can be used equally in both sweet and savory dishes. On the French and international gastronomic scenes, flavored butters are inspiring chefs, making the simplest dishes sublime and creating alchemy with unusual flavors.

MANY WAYS TO ENJOY YOUR FLAVORED EUROPEAN BUTTER

Crafted into small pats, placed on a beautiful piece of grilled meat, the herb-flavored butter melts slowly, releasing its fragrances under the effect of heat, while butter with hints of lemon zest seeps in to the small cavities of a milletrous Moroccan cepes. As for the array of flavored butters offered simply to spread, they come in a range of unexpected flavors: matcha tea butter that livens up anchovy fillets pickled with lime on homemade crackers; black olive butter on toast for dipping in a boiled egg, or butter with nuts and fennel seeds to accompany thin slices of cheese on rye bread.



BUTTER PISTACHIOS HAZELNUT

Cooking butter for glazed vegetables (turnips and artichokes)
Butter for milletrous cepes or pan-fried scallops

100g of unsalted semi-salted butter
14g of powdered Iranian pistachios
15g of Piedmont hazelnuts, dry roasted in a skillet, cooled and crushed coarsely
Mix well and store in a cool place



BUTTER WITH ZEST OF CITRUS

Tasting butter on toast or brioche dish
Butter with oysters
Butter served on steamed fish

100g of softened semi-salted butter
Zest of ½ an organic lemon
1 organic lime
1 organic clementine grated with a micro plane
Mix well and store in a cool place

The content of this advertorial represents the views of the author only and is his sole responsibility.
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Cniel

BUTTER OF EUROPE
FRENCH BUTTER, THE SECRET TO MAKE THE DIFFERENCE

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION

ENJOY IT'S FROM EUROPE

Tried & tasted

Each month, we review five of the city's top tables.





Where?

BARBARY DELI + COCKTAIL CLUB, TRYP BY WYNDHAM

Dining experience: Dinner

What's it like?

Tucked away in Barsha Heights, Barbary Deli + Cocktail Club brings upbeat, awesome vibes to the neighbourhood. The man behind JBR's brilliant seafood-led restaurant, The Maine Oyster Bar & Grill, Joey Ghazal, clearly has a knack for creating unique, cool venues, as Barbary is equally as successful.

Barbary exudes a retro, chic atmosphere and has distinct, sultry décor. Inside there's wooden floorboards, black and white checkered tiles, plush blue and red velvet chairs with brown leather back furnishings, chandeliers and dimly lit lampshades on the table, all inspired by the speakeasies operating in Paris during the 1930s.

Although evenings start off quiet at Barbary, as the night progresses a DJ takes centerstage at the front of the club, playing live sets covering everything from house, disco and RnB.

What are the food highlights?

The 24-hour veal short rib bites are a great option to start with – they're served in perfect little bite-size pieces topped with gherkins and shaved parmesan, and each individually pack so much flavour. Be sure to visit Barbary on your cheat day, as the Babybel croquettes are a dream (why we don't see more deep-fried Babybel's on menus more often, I don't know – they are so delicious!) – this dish is ideal for sharing. It may not be your first choice, but give the artichoke hearts a try, they come served with tarama dip and really surprised me with how good they were. If you're feeling naughty, opt for a dish of poutine, the traditional Quebecois dish of fries, cheese curds and gravy.

For mains, the roast half chicken is succulent and moist, while the beef tenderloin is cooked to a perfect medium-rare temperature and is served with mixed pickles and creamy gratin dauphinoise.

The salted caramel popcorn cheesecake for dessert keeps things light and rounds off the meal wonderfully.

How was the service? The front of house team at Barbary are young, upbeat and welcoming. Considering how busy the place gets, they're always on hand to make sure that your drink never runs dry.

The bottom line: Barbary is certainly one of the coolest spots in town right now. Weekly, the venue runs a series of events including 'Je t'aime Tuesdays', which brings together women to socialise, enjoy unlimited free beverages from 8pm to 12am, dance and enjoy a bit of girl time. There's 'Hotel Amour Thursdays', 'Disco Pink Fridays', and 'The Brunch Affair' that takes place every Friday and Saturday from 12pm – 5pm, priced at Dhs299 per person for a la carte brunch with unlimited house beverages.

The venue also has a great outdoor terrace which is perfect for the incoming cooler weather.

Want to go? Priced at around Dhs160 for three-courses without beverages, Barbary really offers value for money. For more information or reservations, call +971 04 247 6688, e-mail info@barbary.ae or visit barbary.ae.



Reviews by SOPHIE VOELZING, GLESNI HOLLAND & EMMA HODGSON | Photographs CHARLS THOMAS & SUPPLIED









Where?
SEVILLES, WAFI PYRAMIDS

Dining experience: Dinner

What's it like? Nestled in the depths of WAFI Pyramids, an international haven for culinary experiences from across the globe, you could easily be forgiven for thinking this seventeen-year-old authentic Spanish eatery was located down a side-street in Southern Spain. Its outdoor terrace was closed when we visited, but it's definitely not one to be missed in the cooler months – and would make the perfect spot for evening sundowners with Seville's daily happy hour from 4pm till 7pm. Inside, the restaurant's exposed brick walls and low-hanging beams, alongside its rustic wooden furniture and lantern-lit interiors create a European-style setting that I so often miss in this part of the world.

What are the food highlights? Be warned: the tapas menu – though incredible, is overwhelming to say the least. Dozens of dishes jumped off the page as must-try's, but thankfully Chef Aleix Font was on hand to offer us his best recommendations. We were served a jug of sangria at the table to start, and began our evening of Spanish indulgence with a selection of cold appetizers. A mix of seabass, scallops and shrimps ceviche arrived in crunchy lettuce pockets, doused in a ginger and lime flavour dressing – a must for seafood lovers. Next up, we tried Seville's patatas bravas, which were not only topped with aioli and a deliciously spicy tomato and paprika sauce, but they also had a surprise centre (I won't give the game away, but they're yummy!) We loved the Lubina dish, which featured white fish from the Canary Islands with a pepper, tomato and garlic sauce, topped with toasted garlic and white wine. The honey-glazed beef ribs that followed, soaked in a sauce made up of honey, vinegar and stock reduction and accompanied by mustard mash, were a little taste of Spanish heaven. And though I may not have typically chosen it myself, the fire roasted octopus leg with cherry tomato comfit was delicious. Cooked perfectly, the octopus was tasty and not at all rubbery – restoring my faith in squid dishes! While Seville's has a wide variety of paellas on offer, it also serves one with a twist. We tried the Fideua; a traditional east coast noodle paella with squid and prawns, cooked in squid ink – so if you're not a fish fan, this is not the dish for you! I personally prefer traditional paella with rice, but the noodle alternative certainly made for a different experience.



How was the service? Seville's was very quiet when we visited on a Saturday evening, but the staff were very attentive and always on hand to offer insights on each of the dishes.

The bottom line: Though on the pricey side, if it's top quality Spanish food you're after, then Seville's is the place to go. Each dish we tried was packed full of flavour and transported our taste buds to the depths of the Mediterranean. Seville's also offers salsa classes throughout the week for both beginners and advanced level dancers.

Want to go? Dishes range between Dhs50 and Dhs100. To make a booking, call 04 324 4777 or email fnb.sales@wafi.com.







Where?
WORLD CUT STEAKHOUSE, HABTOOR PALACE

Dining experience: Dinner

What's it like? Walking into the recently re-branded World Cut Steakhouse instantly makes you feel at home with its cosy ambiance, black and white pictures on the walls, marble surfaces and dark hues of beige and brown, married with wooden and leather furnishings.

Previously known as J&G Steakhouse, the restaurant's design draws inspiration from the traditional American steakhouse and really embraces its identity with sophistication.

What are the food highlights? The menu at World Cut Steakhouse truly spoils you for choice.

From hot and raw starters, oysters, salads and soups, and entrees including options from the sea – there is something for everyone, and that's before we even get to the mouthwatering beef selection.

To start, the yellowfin tuna tartare marinated with ginger and spicy radish on a bed of avocado is perfectly balanced, while the seared scallops with fennel foam and caviar are delicate in flavour, but a joy to eat. Offering a spicy, but well-received kick, the grilled black pepper octopus with tarragon puree, onion and lime packs so much flavour, is meaty and tender – I'd highly recommend giving it a try.

Naturally, steak is the jewel on World Cut Steakhouse's menu. Opt for a cut of beef to your liking for main course – there's everything from tenderloin and bone-in rib eye, to flank and tomahawk. The restaurant also features a raw counter, where you can hand-pick you steak.

Our server presented us with a selection of steak knives to choose from before our main course came to the table, and as the steaks arrived, a condiment trolley serving a range of mustards, salts and seasonings pulled up tableside to personalise our experience – touches that really made the evening tailor-made to our liking. On the side, don't miss the truffled macaroni and cheese – it's honestly the best I've ever tasted.

If you have room after the hearty meal, the dessert menu awaits with classics such as cheesecake.

How was the service? Refined, helpful and extremely accommodating the team at World Cut Steakhouse are every bit professional at what they do. Ask for Thor when you're there, he's incredibly friendly and knowledgeable on the menu's offering – he'll make sure you're well catered to.

The bottom line: World Cut Steakhouse is the perfect venue for sharing a romantic meal with your other half or alternatively an intimate meal with a group of friends or family for some high-quality food, fantastic service and an all-round luxury experience.

Want to go? Priced at around Dhs400 for three-courses without beverages. For more information or to make a reservation, call 04 435 5577.



Where?

QUATTRO PASSI, FIVE PALM JUMEIRAH

Dining experience: Dinner

What's it like? This Italian eatery is named after chef Antonio Mellino's flagship restaurant on Italy's Amalfi coast. The original restaurant holds two Michelin stars and has a been a popular hotspot for seafood and pasta dishes since it first opened in 1984. For chef Antonio's first Dubai restaurant he has brought many of the flavours and ingredients from Italy to the Palm Jumeirah kitchen, which is headed up by head chef Guiseppe Pezzella.

What are the food highlights? Italian food fans will certainly not be disappointed with the menu at Quattro Passi. Chef Antonio was personally involved in creating all menus on offer at the restaurant and inspiration from his Amalfi restaurant is clear in the dishes on offer. Highlights on the menu included the beef carpaccio served with black truffle, cheese, rocket and hazelnut mayonnaise, the delicious seared sea bass served with escarole sauce, capers and olives. From the pasta menu the grangnano spaghetti with king crab and lemon, as well as the their signature Nerano linguine (the name inspired by the town where the original Quattro Passi is situated).



How was the service? The service was impeccable, all serving staff could easily recommend and discuss different dishes from the menu. When BBC Good Food Middle East visited, chef Guiseppe came to the table to discuss the dishes, and also stopped by to check with other guests in the restaurant how their meal was going.

The bottom line: BBC Good Food Middle East visited midweek and the restaurant was moderately busy with a mix of tourists staying at the hotel and local expats. Seating was indoors, with views directly out on to the hotel pool.

Want to go? For more information or to make a reservation, call 04 455 9989.





Where?

NATHAN OUTLAW AT AL MAHARA, BURJ AL ARAB

Dining experience: Dinner

What's it like? As the name suggests, this seafood restaurant is currently under the control of Michelin acclaimed chef Nathan Outlaw. Although chef Nathan is not permanently based in Dubai, like many celebrity chefs with restaurants in the region, he visits the property a few times each year and controls the menu. Situated underneath the Burj Al Arab, the theatrical aquarium takes centre stage in the restaurant, with views from each table in the restaurant.

What are the food highlights? Like chef Nathan's other restaurants, this one focuses on delicious seafood. Diners who have visited his flagship two Michelin star restaurant in Port Issac in the UK will be familiar with many of the styles and flavours on the menu. The standout dish of the evening was the fantastic Cornish Porthilly Oysters, caught close to the original Nathan Outlaw restaurant and flown out to Dubai. The deliciously fresh oysters are served with a red grape shallot vinegar and lemon and have a slight nuttiness in terms of flavour. For mains the tasty baked cod served with potted shrimp butter and courgettes is well worth a try, or if you're sharing, the roasted whole Cornish turbot for two. From the sides the tasty minted new potatoes and the rocket and watercress salad work well with many of the dishes on the menu.





How was the service? Service was to the brilliant high standard that has come to be associated with both the Burj Al Arab brand and Nathan Outlaw. The drinks specialist could easily recommend flavours to pair with each of the different courses and dishes on the menu, whilst food was brought out promptly for each course.

The bottom line: In line with the Burj Al Arab's dress code, the restaurant has a strict no-shorts policy, so be sure to check out the website for full details. BBC Good Food Middle East visited the restaurant on a Friday evening, and it was busy with a mix of well-heeled of expats and tourists staying at the Burj Al Arab.

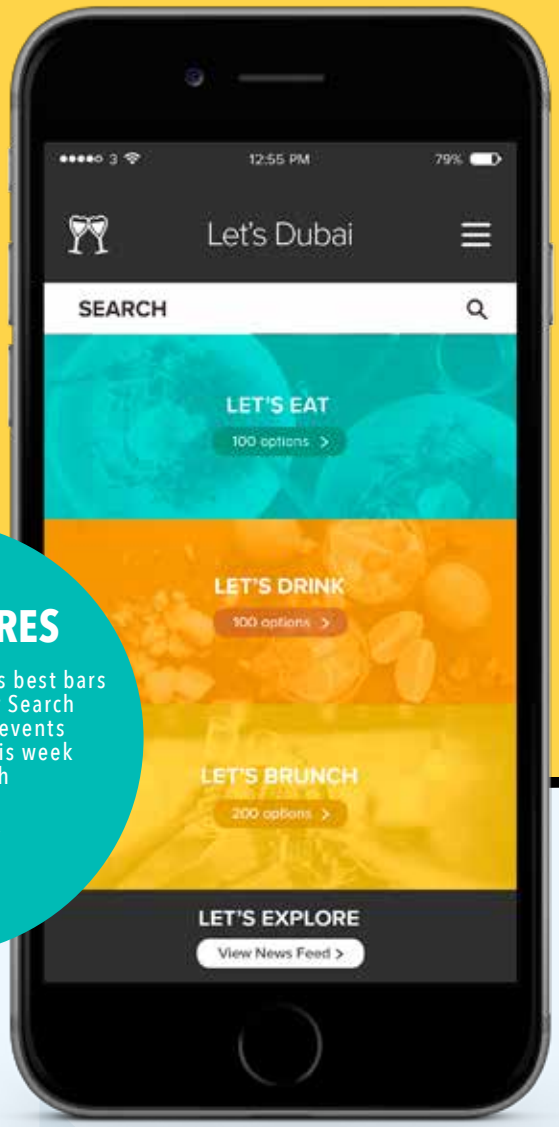
Want to go? For more information or to make a reservation, call 04 301 7600.



LET'S DXB

THE ULTIMATE DEAL GUIDE TO EATING, DRINKING & BRUNCHING IN DUBAI

For discounts, deals and a finger on the pulse of Dubai's fast paced Restaurant, Bars and Brunch scene download the Let's DXB app (or simply update your Lets Brunch app) for free today! It's the must-have app for food lovers, party goers and savvy savers alike!



APP FEATURES

- Free Drinks at Dubai's best bars
- One Click Happy Hour Search
- Lets Explore: Weekly events guide to what's on this week
- Family Friendly Search
- Ladies Night search
- Map View & Uber Link
- many more...

Let's DXB is the exciting update to 'Lets Brunch' app by Dubai's famed 'Mr & Mrs Brunch' who are not only BBC Good Food ME's 'Food Influencers of the year' but two of the most fun loving and bubbly characters in the UAE's F&B scene. The app has evolved into a guide to Restaurants, Bars & Brunches with listings galore, reviews, booking info and a host of great deals and discounts at some of the best venues in Dubai. In typical Mr & Mrs Brunch style, they offer the 'Have one on us' feature which is simply a free drink at some of the best bars in Dubai just for being part of their community.

Beyond the discounts and deals of up to 50% off meals, drinks and brunches the app works as an all-round food & drink directory allowing users to search family friendly venues, party venues, happy hours, ladies nights and more. The Let's Explore function is a weekly guide to what's on around the city, pick a day and see what ladies nights, gents nights, quizzes, bands and events are on. The one click happy hour filtering, map view and Uber link make planning or continuing your night out easier than ever with a seamless and easy experience.

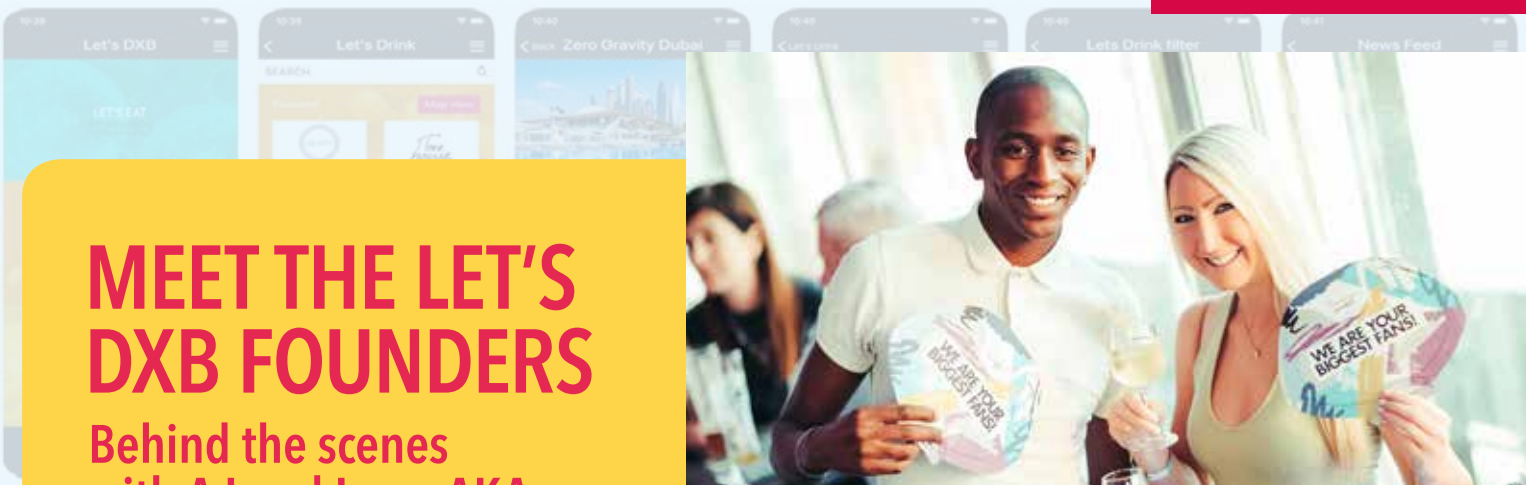
Let's DXB is free to download and free to use and what is best is that the deals and discounts are usable week after week meaning you can save at your favourite restaurant, bar or brunch time and time again!

To download, visit the App store or Google Store on your smart phone and search 'Let's DXB'.



FREE TO DOWNLOAD, FREE TO USE

Download Let's DXB from the App Store, or get it on Google Play



MEET THE LET'S DXB FOUNDERS

Behind the scenes with AJ and Lucy, AKA 'Mr & Mrs Brunch'…

TAKE US BACK TO THE START – HOW DID YOU TWO BECOME 'MR & MRS BRUNCH'?

We are foodies and party lovers, so Dubai is perfect for us as it has so much to offer. After years of eating, drinking and brunching across Dubai we became the go-to place for recommendations of where to brunch, with our friends constantly asking things like "what brunch should I take my parents to when they visit", "what brunch should I do for my birthday". We soon earned the nickname 'Mr & Mrs Brunch'. Our passion organically grew from hobby to blog, and now to our business.

WHY DID YOU DECIDE TO LAUNCH THE LET'S DXB APP?

The ever-evolving F&B landscape in the city keeps things new and exciting, and we remain passionate about sharing our experiences with our followers. At the end of the day we are just a couple of expats that enjoy going out and love to share, so we wanted to create a platform that acted as a guide to all things eating, drinking and brunching in Dubai. Combining of our passion for reviewing, blogging and recommending with our ability to get discounts for our friends, family, followers and app users to make Dubai that bit more accessible.

After the success of our Let's Brunch app and the feedback from clients, app users and even the industry through a string of awards and mentions like Shortlist 'app of the year', Grazia 'must have app' and of course, the BBC Good Food Middle East 'food influencer of the year' we realised it was time to expand into restaurants and bars. There is so much more to cover and if that means we need to eat and drink more…we are only too happy to oblige.

WHAT DO YOU LOVE MOST ABOUT DUBAI'S DINING SCENE?

The variety! One night we are in a 5-star resort quaffing Champagne, and the next we are ordering wings on Beach Road. Some weekends we squeeze four brunches in, covering everything from Italian and Japanese, to lobster and a roast. And that's without even getting started on the bar side of things…

WHAT SORT OF DISCOUNTS AND DEALS CAN USERS FIND ON THE LET'S DXB APP?

Naturally it is currently strongest for brunches and we still have some exclusives at the very best in Dubai such as Wanderlust and Hidden Brunch, but we are quickly adding great restaurant deals at some of our favourites such as WAKA at The Oberoi and Nara Pan Asian in JLT. Our bar deals are our favourite as we have our the 'have one on us' deal which is a free drink on us…it's as simple as that. What we find exiting and we hope our app users do too, is that we are adding new deals every week!

AS THE WEATHER STARTS TO COOL DOWN, WHAT ARE SOME OF THE AL FRESCO DINING OPTIONS AVAILABLE ON THE APP?

London Social at The Ritz Carlton Dubai is a picturesque garden experience through the diverse gastronomy of London's food scene, Breeze Beach Grill at Club Vista Mare enjoys the Palm Dubai's golden views, and the daily-themed evening brunches held at the Le Meriden Village Terrace in Garhoud is one of our favourite spots for al fresco dining in the city.

AS DUBAI'S VERY OWN KING & QUEEN OF BRUNCH, WHAT BRUNCHES THAT ARE FEATURED ON LET'S DXB WOULD YOU MOST RECOMMEND IN THE CITY AND WHY?

Wanderlust at JW Marriott Marquis Dubai. We keep returning to this brunch as its one of our favourites – it ticks so many boxes from the food, beverages, and the party atmosphere provided by DJ Adam, making Wanderlust a one-stop-shop for the ultimate Dubai brunch experience. Ruth's Chris Steakhouse for an a la carte steak-fest, BOCA is a foodie dream that also allows you to pair a unique wine tasting element with brunch, and the brunch aboard the QE2, well…because it's the QE2!

LOOKING AHEAD, CAN WE EXPECT TO SEE THE LET'S DXB APP BRANCH OUT INTO OTHER EMIRATES?

We do love trips to Abu Dhabi and RAK for brunches and overnight reviews, and have reviewed as far and wide as Bangkok, Goa and Penang, but for now, the app is purely focusing on providing residents and tourists with the ultimate guide to Dubai. But, watch this space!

DEALS & DISCOUNTS

A sneak peek at some of the fantastic offers available on the Let's DXB app!

'Mr & Mrs Brunch's Have One On Us' offers

Receive a free drink at some of Dubai's best bars…

- Nara Pan Asian, JLT
- Square Bar, JW Marriott Marquis Dubai
- Lucky Voice, Grand Millennium Dubai
- The Observatory & The Croft, Dubai Marriott Harbour Hotel & Suites
- And many more…

Up to 50% off main meals & brunches

Free to use, no expiry date and can be re-used time and time again

- Prime68, JW Marriott Marquis Dubai
- Waka Restaurant & Bar, The Oberoi
- Dusty's, DIFC
- Yalumba, Le Meridien Dubai
- Atelier M, Pier 7
- And many more…

Download the Let's DXB App to see the full list of offers!

EAT IN OR DINE OUT

BISTRO BAGATELLE

From fig and goat's cheese salad, to melt-in-your-mouth roasted tenderloin with flavour-packed bone marrow puree, learn how to make recipes from Bistrot Bagatelle, located within Fairmont Dubai at home, or choose to visit the restaurant and experience Chef Timothy Newton's dishes firsthand.

text SOPHIE VOELZING ***recipes*** TIMOTHY NEWTON
photography MAKSYM PORIECHKIN



Dubai's ultimate 'joie de vivre' French Mediterranean restaurant, Bistrot Bagatelle, located on the first floor of Fairmont Dubai is well-known for its opulence, glamour and decedent food. It may look like a traditional Parisian restaurant on the surface, but a few bites into dinner we soon realise there's more to this eatery than first meets the eye.

Sophistication meets playful all throughout Bagatelle, from the food to the décor and ambiance. Inside, pristine white table cloths and walls marry with Marvel-inspired artwork, plush blue velvet furnishings, and eye-popping, brightly-coloured floral arrangements. Flickering candles and dimly-lit chandeliers create a warm and welcoming atmosphere during the 8pm dinner service, but fast-forward an hour or two and the lights begin to flash – quite literally.

The restaurant's alter ego quickly begins to show itself as the venue fills up with a well-heeled crowd, the music is taken up a notch and front of house staff begin to dance. Not just a fantastic restaurant, Bagatelle doubles as an incredible nightlife destination where you can expect dancing before dessert – even dancing on the chairs is allowed, in fact, it's encouraged.

Bagatelle's kitchen is led by Executive Chef Timothy Newton, who describes the restaurant's cuisine as classic French mixed with a playful American twist.

With starters served, it's clear to see that chef Tim pays homage to high-quality ingredients, clean presentation and showcasing fresh, natural flavours.

Highlights on the menu include the starter dish of yellowfin tuna tartare with avocado and soy lime dressing, which is equally as good as the sea bass crudo with sultanas, blood orange, pistachios and jalapenos.

The drool-worthy pan-seared foie gras sliders with truffle mayonnaise melt-in-the-mouth on a soft, buttery potato bun – it's a dish that shouldn't be missed – much like the signature cheesey truffle pizza, topped with a generous helping of sliced black truffle.

If you're a meat lover, I'd recommend the pan-seared tenderloin cooked to medium-rare perfection with bone marrow puree to accompany for main – the dish boasts strong, well-rounded meaty flavours and is a delight to eat. For a lighter seafood option, try the roasted prawns on a bed of smoky corn puree.

If you have room for dessert, the white chocolate cheesecake keeps things classic and simply delicious – bringing an excellent dining experience to a close.

The night doesn't end there though, Bagatelle keeps the party going through to early hours and has a bar area that's ideal for post-dinner drinks. It's the perfect spot to head with a small group of friends to enjoy an evening of superb food, guaranteed party vibes and an all-round fun yet classy night out.

Want to dine out? For reservations, please call +971 4 354 5035, e-mail reservations@bagatelledubai.com or visit bagatelledubai.com.











MENU

Fig & goat's cheese salad

Roasted tenderloin, bone marrow puree & sauce bordelaise

White chocolate cheesecake with passion fruit ice cream

Fig & goat's cheese salad

Serves 4 – 6

FOR THE SALAD

4 whole figs cut into 4
100g beef bresaola, thinly cut
200g goat's cheese, crumbled
200g mixed leaf
50g frisee
20g picked parsley
60ml red vinegar dressing

FOR THE DRESSING

100ml grapeseed
100ml olive oil
50ml red vinegar
30g honey
4g salt

1 For the dressing, mix all ingredients together and reserve in the fridge.
2 For the salad, mix all ingredients in a bowl. Toss with dressing and serve immediately.





Roasted tenderloin, bone marrow puree & sauce bordelaise

1x 220g beef fillet (at Bagatelle we use US Prime)
50g bone marrow puree
30g beef jus sauce
Chervil to garnish

FOR THE BONE MARROW PUREE

10g garlic
200g onion
20g bone marrow split by your butcher
100g cream

FOR THE BEEF JUS

1ltr beef jus – supermarket brand is fine
2 onions, split in half
20g butter

1 For the bone marrow puree, roast off the bone marrow and scrape out the fat.
2 Place onions in the oven and roast until tender.
3 Sauté off the garlic and add onion and bone marrow. Cook down and add cream. Reduce till thickened then puree in blender.
4 For the beef jus, caramelize onions in a pan until dark and brown but not burnt.
5 Add onion to beef jus and reduce till the mixture becomes a glaze.
6 Fold in butter at the end.
7 For the beef fillet, sear off your tenderloin and finish in oven to desired temperature.
8 Swipe bone marrow puree on plate, add your beef and then top with beef jus sauce. You can garnish with anything you like – onion petals, chives and chervil work well.

White chocolate cheesecake with passion fruit ice cream

Makes 12 portions in a 28cm cake springform pan

FOR THE CHEESECAKE
1kg cream cheese
200g white chocolate
70g cream
5 whole eggs
4 egg yolk
70g flour
150g sugar
300g digestive biscuit, crushed
100g butter, melted

FOR THE ICE ICREAM
350g cream
150g milk
60g egg yolk
100g sugar
5g stabilizer
100g passion fruit puree

1 For the cheesecake, beat your cream cheese with sugar, while at the same time melting your white chocolate on a double boiler.

2 Slowly add in all ingredients including melted chocolate. Mix until just uniform and not lumpy.
3 Mix the melted butter with the crushed digestive biscuits and press this into the bottom of a springform pan lined with baking paper.
4 Bake the base at 100 degrees for 20 minutes and then add your cream cheese mix. Cook at 100 degrees for 90 minutes or until set.
5 For the ice cream, beat your sugar, eggs and stabilizer.
6 Heat up the milk and cream until almost boiling. Pour over your egg mixture and then whip in passion fruit puree
7 Cook out the mixture, stirring constantly until the egg yolk is cooked. This should take 5-7 minutes.
8 Strain the mixture through a chinois
9 Cool the mixture in a blast freezer
10 Set the mixture in a Paco container and freeze until ready to use.



miriam's hacks

microwave magic

They aren't just for reheating leftovers – try these easy cooking tips



Miriam Nice is a published author and illustrator. She has written over 300 recipes for BBC *Good Food*.
@miriamjsnice

One of the first cookery books I was ever given was a kids' microwave cookbook, so for me, the microwave represents my independence in the kitchen. I still remember my sense of pure pride bringing out a carefully made dish of microwaved gammon and pineapple rings or a canned tuna bake topped with crisps. I was probably about 10. Then, when our kitchen was being gutted, the only thing we had was a microwave plugged in under the armchair in the living room. I found it great fun to climb underneath the chair, armed with an oven glove, to retrieve a homemade sausage casserole amid the chaos and tarpaulin. Here are my tips for getting the best from yours, but if you want to find out which microwave is for you, head to page 111 for our review of the best on the market.

Things to remember

★ Never use anything metal in the microwave – foil, cutlery or crockery.
★ Microwaved food continues to cook after it's turned off. Let the food stand for a minute so the molecules finish bouncing around.
★ Stir, stir, stir. Microwave cooking works by agitating water molecules. These might not be evenly distributed within the food so you need to stir halfway through.
★ Don't overfill your container. Either use a big bowl or loosely cover what you're cooking with a microwave-safe plate.



Vegan mug cake

Put **3 tbsp dairy-free milk** in a microwave-safe mug, add a **pinch lemon zest** and **1 tsp lemon juice** and leave to sit for 2-3 mins. It may start to look a bit grainy, as if it has split, but that's fine. Stir in **1 tbsp sunflower oil**, **4 tbsp self-raising flour**, **2 tsp caster sugar** and a **pinch bicarbonate of soda**. Mix well with a fork until smooth. Drop in **4 fresh or frozen raspberries** then microwave on high for 1 min 30 secs, or until puffed up and cooked through.

Portrait DAVID COTSWORTH | Illustrations MIRIAM NICE

PARMESAN CRISPS

Put a couple of little mounds of grated parmesan (about ½ tsp each) on to a piece of baking parchment and microwave in 10-second bursts until melted and bubbling. Let set for 1 minute, then peel off the paper. These lacey, cheesy discs are best crumbled on to salads, pasta or risotto.





Fast truffle fudge

Line an 18cm square baking tin with cling film. Put **250g dark chocolate** and **25g butter** in a heatproof bowl and microwave until melted, stirring every 30 seconds. Add in **30g sour cherries** and **350g caramel** or **dulce de leche**. Mix, then put into your prepared tin. Chill until set (around 1 hr) then turn out, remove the cling film and cut into squares.

Fresh ways with funghi

Mushrooms apparently keep more of their nutrients if microwaved! Great news for fry-up cooking – no more eggs with grey edges and more space in the pan for an extra sausage. Simply put a generous handful of sliced mushrooms in a bowl, cover with a plate and then cook for 2-3 mins, stirring halfway through. If still not quite tender, keep cooking in 30-second bursts until they're as you like them.




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HOMEMADE Halloween

Throw a party using these spooky recipes before you send your little monsters out trick or treating, and perhaps they won't come back with as many sweets...

recipes LULU GRIMES *photographs* WILL HEAP











Mummy pie

SERVES 8 **PREP** 15 mins plus chilling and cooling **COOK** 20-25 mins
EASY V ❄

plain flour, for dusting
500g all-butter puff pastry
6 tbsp whole-fruit strawberry jam
1 large apple, peeled, cored and thinly sliced
1 egg, beaten
1 tsp golden caster sugar
icing eyes (see tip, below)

1 Lightly dust a work surface with flour. Roll out the puff pastry to a 30 x 45cm rectangle, then put it on a large baking sheet lined with baking parchment.
2 Put the pastry in front of you with a short edge nearest to you. Spread the jam in a line down the centre, about 12cm wide, leaving 2cm of pastry at the top and bottom. Arrange the apple slices on top in a thin layer.
3 To make the bandage pattern, lightly mark a 1cm-border around the jam. Cut the pastry edges into 1cm-wide strips from the line outwards.
4 Fold the strips of pastry over inwards on both sides, starting from the top until you reach the bottom, making some of them straight and some of them diagonal, so every now and then you can see some jam and apple. Don't worry if they don't look neat – this should look like a mummy. Every now and then you can break off a strip so you can see more filling. Chill for 20 mins. *Can be wrapped in cling film and frozen for up to 1 month.*
5 Heat oven to 200C/180C fan/gas 6 and put in a baking sheet to heat up. Brush the pastry with the beaten egg and sprinkle with the sugar. Slide the tart on its parchment onto the hot baking sheet. Bake for 20-25 mins or until golden brown on top. Cool for a few mins, then push pairs of icing eyes into the pastry gaps so they look like they're looking out.

PER SERVING 295 kcals • fat 17g • saturates 8g • carbs 30g • sugars 11g • fibre 2g • protein 4g • salt 0.6g

gf tip
To make icing eyes, mix up a batch of fondant icing and pipe sets of 'eyeballs' onto baking parchment then leave to dry. Either add 'pupils' to the eyes with a small brush and black colouring or make up a batch of black icing and pipe it on top.

Mini baked potatoes with sticky sausages

Pretend the ketchup is blood if your party guests are feeling ghoulish.

SERVES 10 **PREP** 10 mins
COOK 1 hr **EASY**

20 small potatoes
olive oil, for the potatoes
2 tsp honey
1 tsp soy sauce
20 cocktail sausages
soured cream and ketchup, to serve

1 Heat oven to 180C/160C fan/gas 4. Rub the potatoes with a little olive oil and prick them all over with a skewer. Tip into a roasting tin and bake for 1 hr, or until tender when you squeeze them.
2 Halfway through cooking the potatoes, whisk the honey and soy sauce with a splash of oil in a large bowl. Add the sausages and toss to coat in the mixture. Tip the sausage mixture into a baking dish and bake for 30 mins, turning the sausages halfway through, until browned all over.
3 Split the cooked potatoes along the top and squeeze the sides so they open out. Put a sticky sausage into the top of each. Swirl the soured cream and ketchup blood in a bowl and serve on the side.

PER SERVING 133 kcals • fat 6g • saturates 2g • carbs 14g • sugars 2g • fibre 2g • protein 3g • salt 0.3g





Wicked witch apples

Making these is a job for adults as the toffee will be very hot.

MAKES 8 **PREP** 20 mins
COOK 10 mins **EASY** **V**

8 red apples
400g caster sugar
1 tsp lemon juice
4 tbsp golden syrup
red or black food colouring
red or black food glitter (optional)
you will need
8 sturdy, clean twigs or lolly sticks

1 Pull any stalks off the twigs and push the sharpest end of each stick (or the lolly sticks) into the stalk-end of each apple, making sure it is firmly wedged in. Put a large piece of baking parchment onto a wooden board.
2 Tip the sugar into a large saucepan and add the lemon juice and 100ml water. Bring to a simmer and cook until the sugar has dissolved. Swirl the pan gently to move the sugar around, but don't stir. Add the golden syrup and bubble the mixture (be careful it doesn't boil over) until it reaches 'hard crack' stage or 150C on a sugar thermometer. If you don't have a thermometer, test the toffee by dropping a small amount into cold water. It should harden instantly and, when removed, be brittle. If it's soft, continue to boil. When it's ready, drip in some food colouring and swirl to combine. Add the glitter, if using, and turn off the heat.
3 Working quickly, dip each apple into the toffee, tipping the pan to cover all the skin. Lift out and allow any excess to drip off before putting on the baking parchment. Repeat with the remaining apples. Gently heat the toffee again if you need to. *Best eaten on the same day.*

GOOD TO KNOW vegan • low fat • 1 of 5-a-day • gluten free
PER SERVING 282 kcals • fat none • saturates none • carbs 68g • sugars 68g • fibre 2g • protein none • salt 0.1g

Shoot director RACHEL BAYLY | Food stylist KATY GREENWOOD | Stylist SARAH BIRKS

Black velvet Halloween cupcakes

MAKES 22 **PREP** 25 mins plus cooling and decorating
COOK 20 mins **EASY**

200g butter, softened
300g golden caster sugar
200g dark chocolate, melted
2 eggs
250g self raising flour
¼ tsp baking powder mixed with 100ml boiling water
50g cocoa powder
200ml milk
1-2 tsp black food colouring (optional)

for the buttercream
300g unsalted butter, softened
500g icing sugar
1 tsp vanilla extract
black food colouring

for the decorations
pack of Smarties
black icing pen
1 pack mixed coloured fondant icing (you'll need pink, green, blue and white)
liquorice and strawberry laces and other sweets such as jelly fangs and liquorice allsorts
icing eyes

1 Heat oven to 180C/160C fan/gas 4. Line two 12-hole cupcake tins with cases. Beat the butter and sugar until the mixture is creamy. Beat in the chocolate and the eggs until combined, then stir in the flour and baking powder, cocoa powder, milk and food colouring, if using. Spoon the mixture evenly between the cupcake cases, levelling the tops.
2 Bake for 20 mins or until the cakes are risen and springy to the touch. Cool for 5 mins in the tin, then lift out onto a wire rack to cool completely.
3 To make the buttercream, beat the butter until soft, then stir in the icing sugar a little at a time. Beat in the vanilla and some black food colouring, then transfer to a piping bag fitted with a plain nozzle.
4 For the cat face, pipe the black buttercream in an even swirl onto the cupcake and smooth with a palette knife. Pipe two ears by making a blob for each and pulling the icing bag upwards to a point. Add two eyes on each with Smarties and use the black icing pen to paint a pupil onto each. Add a triangle nose made of pink fondant icing and create whiskers with sweets.
5 For the monster faces, cut circles of green and blue fondant to fit the tops of the cupcake and fix them in place with a little buttercream. Add eyes, noses and mouths made of sweets or use icing eyes. For skeletons, cut out shapes with white fondant and fix in place with the buttercream.

PER CUPCAKE 517 kcals • fat 24g • saturates 15g • carbs 70g • sugars 59g • fibre 2g • protein 4g • salt 0.3g







Pumpkin houmous

When it isn't Halloween, use a butternut squash or blue-skinned pumpkin for this recipe as they often have a better flavour.

SERVES 8 PREP 10 mins
COOK 50 mins EASY V

1 small pumpkin (about 500g)
olive oil, for roasting
2 garlic cloves, peeled
½ lemon, juiced
2 tbsp tahini paste
400g can chickpeas, drained
1 red pepper, deseeded, and sliced
1 yellow pepper, deseeded, and sliced
mini breadsticks and pitta chips, to serve

1 Cut the top off the pumpkin, about two-thirds of the way up. Remove the pumpkin seeds, then scoop the flesh out of the bottom and the lid.
2 Heat oven to 200C/180C fan/gas 6. Cut the pumpkin flesh into pieces and put in a roasting tin with the garlic and a good glug of oil. Season, then bake for 45 mins until very tender. Leave to cool.
3 Tip the pumpkin into a food processor with any juices from the roasting tin and the garlic. Add the lemon juice, tahini paste and chickpeas. Season with salt and blend to a paste – add a little more oil if it's too thick.Scoop the houmous back into the pumpkin and serve with the peppers, breadsticks and pitta chips.

GOOD TO KNOW vegan • healthy • vit c • 2 of 5-a-day • gluten free
PER SERVING 123 kcals • fat 7g • saturates 1g • carbs 8g • sugars 3g • fibre 4g • protein 4g • salt 0.1g









The Great Italian Brunch

Overflowing with authentic Italian cuisine guaranteed to both tempt and satisfy the whole family's appetite, The Great Italian Brunch at Prego's, Media Rotana, is a culinary experience not to be missed

Prego's at Media Rotana brings home-style cooking to you with their new Friday Brunch; The Great Italian Brunch invites the whole family to relish in the authentic flavours of the Italian cuisine.

Gather together and seize the moment at this Italian brunch, as it embraces you with the familiar scents and sights of familial cooking with their vast range of dishes and delights. Every member has mountains to enjoy, a delicious crisp salad, a creamy risotto or the hand-made pasta which is a classic favourite. Disconnect from the outside world and reconnect with your own 'famiglia'.

Prego's, known for its authentic spirit and distinguished as one of the leading Italian restaurants in the city, is one of the favourite hotspots at Media Rotana. An open kitchen showcases the chefs creating the finest Italian dishes, offering a wide range of Italian specialties, from thin-crust pizzas to freshly baked homemade breads baked in a wood-fired oven.

THE DETAILS

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A LUXURIOUS ESCAPE

If you are looking for an escape and have eyes on a memorable stay closer to home in the Arabian Gulf, then, make Jumeirah Messilah Beach Hotel & Spa the destination of choice for you and your family



Situated on the isolated coast of the Arabian Gulf Sea, the luxurious property is the ideal destination to enjoy the country's cultural heritage and local lifestyle, complimented by the resort's finest luxury experiences of impeccable standards of hospitality to ensure a memorable stay. Being the epitome of luxury hospitality for families from Kuwait and around the Gulf, there is something special for every guest - from couples seeking privacy and tranquility to young guests with a sense of adventure and families embarking on a getaway for quality time together.

Named Hotel & Spa of the Year 2018 by Travel & Hospitality Awards and Luxury Family Friendly Hotel of the Year 2018 by the Luxury Travel Guide, the resort boasts a hybrid of contemporary and traditional elegance across its diverse rooms, suites, residences and villas, going way beyond the conventional that truly reflects Jumeirah's promise to Stay Different.

Adventurous guests can head to the beach for kayaking, fishing, snorkeling or a sunset cruise and stay refreshed with signature snacks from the poolside Mint Café by the infinity pool. Guests can also take on the energetic Aqua Zumba classes held by the resort's Latin instructor at the main pool. Children can enjoy the watery playground called the Splash pool, or escape to the Sinbad Kids' Club and Teen Scene Club complete with fun activities from the latest board games, movies at the private kids' cinema and Arts & Crafts.

Meanwhile, the resort's prestigious Talise Spa is the place to go for restorative treatments, rituals and therapies inspired by luxurious skincare products from around the world. Spanning 3,500 meter squares, a day in Talise is complimented by a variety of exclusive facilities for the ultimate wellness experience that will leave one feeling completely refreshed and revived. The one-of-a-kind Himalayan Salt Room is a must-visit. Featuring precious salt bricks compressed over millions of years from the mountains of the Himalayas, the Salt Room possesses healing powers that are believed to be beneficial for respiratory ailments and the body's immune system. To unwind even further, guests can relax in the Sauna and Steam Room followed by Kuwait's exclusive snow room.

With numerous awards from the World Luxury Restaurant Awards 2018, the resort also boasts seven unique dining concepts including cafés and lounges, from seafood at Salt Seafood & International Restaurant known for its romantic ambiance, to delicious premium steaks and prime cuts in the eclectic Pepper Steakhouse Restaurant or the authentic tastes of Italy's celebrated gastronomy in Olio Italian Restaurant. A complete experience of local and international flavors also awaits you in Garden Café's all-day dining venue, with themed nights every week. Middle Eastern cuisine can also be savored at Arabesque Café with a range of shisha flavors on offer at the terrace. Sweets and savories accompanied by exotic and exquisite teas are offered amidst the calming ambiance of the Tea Lounge.

If one happens to have a special social event coming up, the resort also has elegant and versatile venues on offer, fully-equipped with state-of-the-art technology and exclusive amenities to make any event a resounding success. From weddings, family celebrations or special occasions, there is a passionate team and distinctive venue ready to exceed all expectations.



STAY

Jumeirah Messilah Beach Hotel & Spa, Kuwait

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E-mail: jmbreservations@jumeirah.com
Visit: jumeirah.com



Sausage meatball marinara

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

Squeeze out the meat from **4 sausages** and roll it into eight balls. Fry the meatballs in **a little olive oil** until golden all over. Add **300g passata**, **1 tbsp tomato ketchup**, **1 tsp fennel seeds**, ½ **tsp red chilli flakes** and ½ **tsp dried oregano**. Bubble without a lid for 8-10 mins until the sauce thickens and the meatballs are cooked through. Season well. Heat the grill to high. Split **2 baked sweet potatoes** and place them in a small foil-lined baking dish. Fill with the meatballs and their sauce, top with **50g grated cheddar** or **mozzarella** and grill until the cheese melts (about 2 mins). Top with a **pinch of chilli flakes**.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 708 kcals • fat 36g • saturates 15g • carbs 65g • sugars 36g • fibre 12g • protein 23g • salt 2.0g



4 ways with

sweet potato jackets

Liven up a baked spud with punchy flavours and use sweet potato – it also counts as one of your 5-a-day

recipes CASSIE BEST *photographs* EMMA BOYNS

Coronation chickpeas

SERVES 2 **PREP** 10 mins
NO COOK EASY V

Drain a **400g can chickpeas** and mix with **150g thick Greek yogurt**, **50g mango chutney**, **2 tsp mild curry powder**, a good **squeeze of lime juice** and some seasoning. Pile the mixture into **2 baked sweet potatoes**, top with ½ **thinly sliced small red onion**, a **small handful of coriander leaves** and a **scattering of nigella seeds**. Serve an extra **lime wedge** on the side.

GOOD TO KNOW calcium • fibre • iron • 2 of 5-a-day • gluten free
PER SERVING 551 kcals • fat 13g • saturates 6g • carbs 84g • sugars 41g • fibre 16g • protein 17g • salt 1.2g





Blue cheese, bacon, pecans & cranberries

SERVES 2 **PREP** 5 mins
NO COOK EASY

Split **2 baked sweet potatoes** down the middle and stuff each one with **a few slices of crispy bacon**. Top with **2 tbsp soured cream**, **30g crumbled hard blue cheese** and **1 tbsp dried cranberries**. Crush **a few pecans** in your hands and scatter these over too with some black pepper. Drizzle with a **little maple syrup** if you have a sweet tooth.

GOOD TO KNOW fibre • 1 of 5-a-day • gluten free
PER SERVING 551 kcals • fat 27g • saturates 12g • carbs 55g • sugars 32g • fibre 9g • protein 17g • salt 2.1g

Bake your sweet potato
Cook at 180C/160C fan/gas 4 for 45 mins, or until soft and fluffy, then pile over one of these easy toppings



Pulled pesto chicken

SERVES 2 **PREP** 5 mins
NO COOK EASY

Shred **2 cooked skinless chicken breasts** with forks. Mix with **100g cream cheese** and **2 tbsp fresh pesto**. Divide the mixture between **2 baked sweet potatoes** and top with **toasted pine nuts** and **torn basil leaves**.

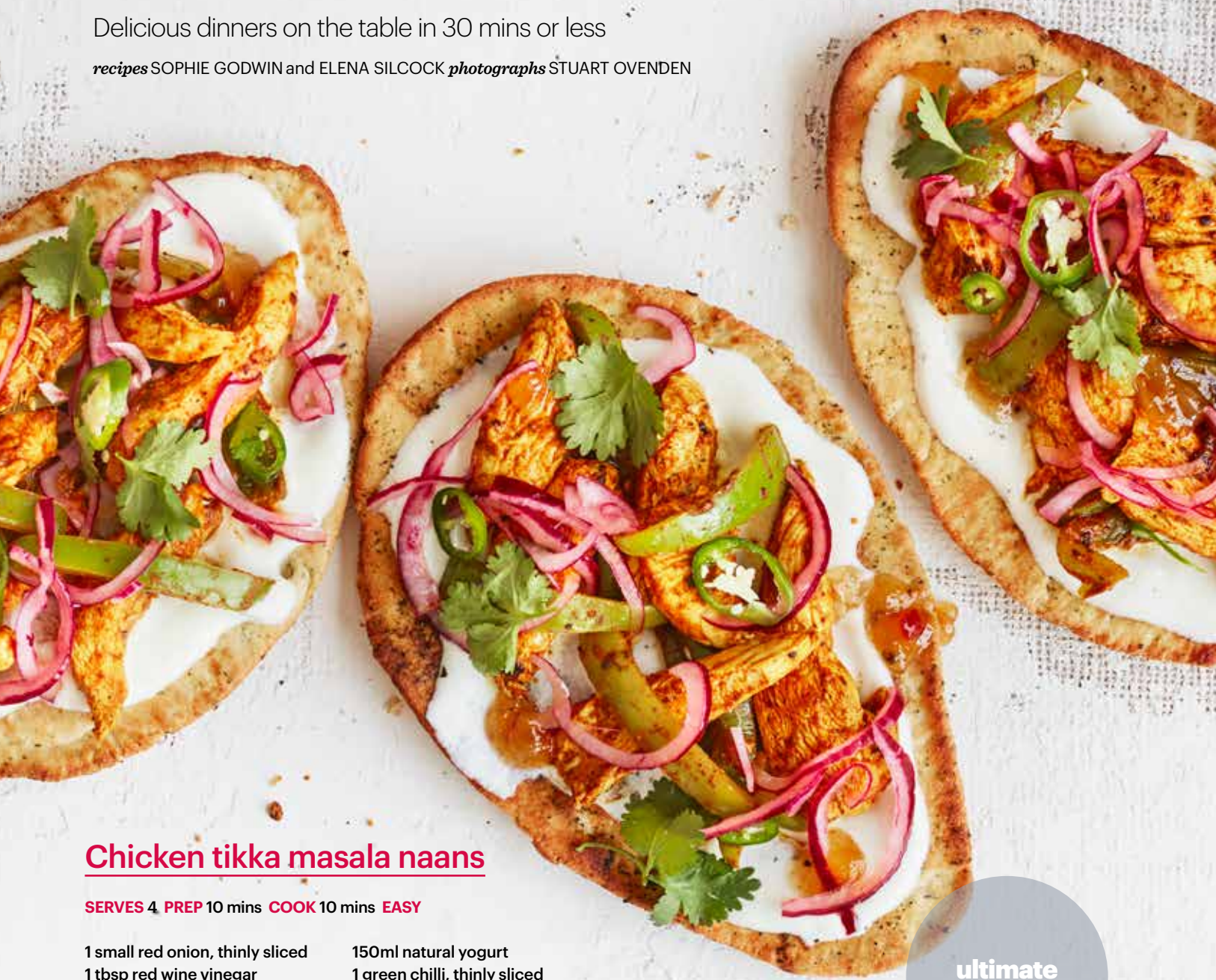
GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 633 kcals • fat 25g • saturates 10g • carbs 50g • sugars 27g • fibre 8g • protein 47g • salt 1.1g

Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist EMMA BOYNS

SPEEDY SUPPERS

Delicious dinners on the table in 30 mins or less

recipes SOPHIE GODWIN and ELENA SILCOCK *photographs* STUART OVENDEN



Chicken tikka masala naans

SERVES 4 **PREP** 10 mins **COOK** 10 mins **EASY**

ultimate comfort

1 small red onion, thinly sliced
1 tbsp red wine vinegar
4 garlic and coriander naan breads
4 chicken breasts, cut into strips
2 green peppers, sliced
2-3 tbsp tikka masala curry paste
150ml natural yogurt
1 green chilli, thinly sliced
1 small pack coriander, leaves torn
few dollops of mango chutney, to serve

1 Heat oven to 180C/160C fan/gas 4. Toss the red onion with the red wine vinegar and a good pinch of salt and set aside (the vinegar will soften the onion slightly, which is a blessing as no one wants completely raw onion on pizza).

2 Put the naan breads on a baking tray, sprinkle over a little water, then put in the oven for 2 mins to heat up. Meanwhile, put the chicken and peppers in a frying pan with the curry paste, toss together, then fry over a high heat for 6-8 mins until cooked.

3 Take the naans out the oven, spread each one with yogurt, then top with the chicken, red onion, green chilli, coriander and mango chutney.

GOOD TO KNOW calcium • folate • fibre • vit c • iron • 1 of 5-a-day
PER SERVING 683 kcals • fat 16g • saturates 3g • carbs 83g • sugars 11g • fibre 7g • protein 47g • salt 2.0g

Carrot biriyani

SERVES 4 **PREP** 10 mins **COOK** 15 mins
EASY **V**

2 tbsp olive oil
1 onion, sliced
1 green chilli, chopped (deseeded if you don't like it very hot)
1 garlic clove, peeled
1 tbsp garam marsala
1 tsp turmeric
3 carrots, grated
2 x 200g pouch brown basmati rice
150g frozen peas
50g roasted cashews
coriander and yogurt, to serve

1 Heat the oil in a large frying pan, tip in the onion with a big pinch of salt and fry until softened, around 5 mins, then add the chilli and crush in the garlic and cook for 1 min more. Stir in the spices with a splash of water and cook for a couple of mins before adding the carrots and stirring well to coat in all of the spices and flavours.
2 Tip in the rice, peas and cashews, then use the back of your spoon to break up any clumps of rice and combine with the rest of the ingredients, cover and cook over a high heat for 5 mins (it's nice if a bit of rice catches on the base to give a bit of texture to the dish). Scatter over the coriander with spoonfuls of yogurt, then serve straight from the pan.

GOOD TO KNOW low cal • fibre • 2 of 5-a-day
PER SERVING 358 kcals • fat 15g • saturates 3g • carbs 42g • sugars 8g • fibre 7g • protein 10g • salt 1.0g

one-pan wonder

Prosciutto, kale & butter bean stew

SERVES 4 **PREP** 5 mins **COOK** 20 mins **EASY**

80g pack prosciutto, torn into pieces
2 tbsp olive oil
1 fennel bulb, sliced
2 garlic clove, crushed
1 tsp chilli flakes
4 thyme sprigs
150ml white wine or chicken stock
2 x 400g cans butter beans
400g can cherry tomatoes
200g bag sliced kale

1 Fry the prosciutto in a dry saucepan over a high heat until crisp, then remove half with a slotted spoon and set aside. Turn the heat down to low, pour in the oil and tip in the fennel with a pinch of salt. Cook for 5 mins until softened, then throw in the garlic, chilli flakes and thyme and cook for a further 2 mins, then pour in the wine or stock and bring to a simmer.
2 Tip both cans of butter beans into the stew, along with their liquid, then add the tomatoes, season well and bring everything to a simmer. Cook, undisturbed, for 5 mins, then stir through the kale. Once wilted, ladle the stew into bowls, removing the thyme sprigs and topping each portion with the remaining prosciutto.

GOOD TO KNOW low fat • low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 290 kcals • fat 9g • saturates 2g • carbs 23g • sugars 6g • fibre 12g • protein 16g • salt 1.2g





Mustardy salmon with beetroot & lentils

SERVES 2 **PREP** 10 mins **COOK** 10 mins **EASY**

2 tbsp olive oil
1 tbsp wholegrain mustard
½ tsp honey
2 salmon fillets
250g pouch ready-cooked Puy lentils
250g pack ready-cooked beetroot, cut into wedges
2 tbsp crème fraîche
1 small pack dill, roughly chopped
1-2 tbsp capers
½ lemon, zested and cut into 2 wedges to serve
2 tbsp pumpkin seeds, toasted
rocket, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Mix together 1 tbsp oil, the mustard, honey and some seasoning. Put the salmon fillets on a baking tray and spread the honey and mustard mixture all over. Tip the lentils and beetroot into a casserole dish, toss with the remaining oil and season well. Put both in the oven for 10 mins until the salmon is cooked through.
2 Stir the crème fraîche, dill, capers and lemon zest through the lentils. Serve alongside the salmon with the pumpkin seeds scattered over and lemon wedges for squeezing, with a rocket salad on the side, if you like.

GOOD TO KNOW folate • fibre • iron • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 875 kcals • fat 49g • saturates 12g • carbs 42g • sugars 14g • fibre 15g • protein 58g • salt 2.5g


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Sprout, black pudding & apple röstis

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

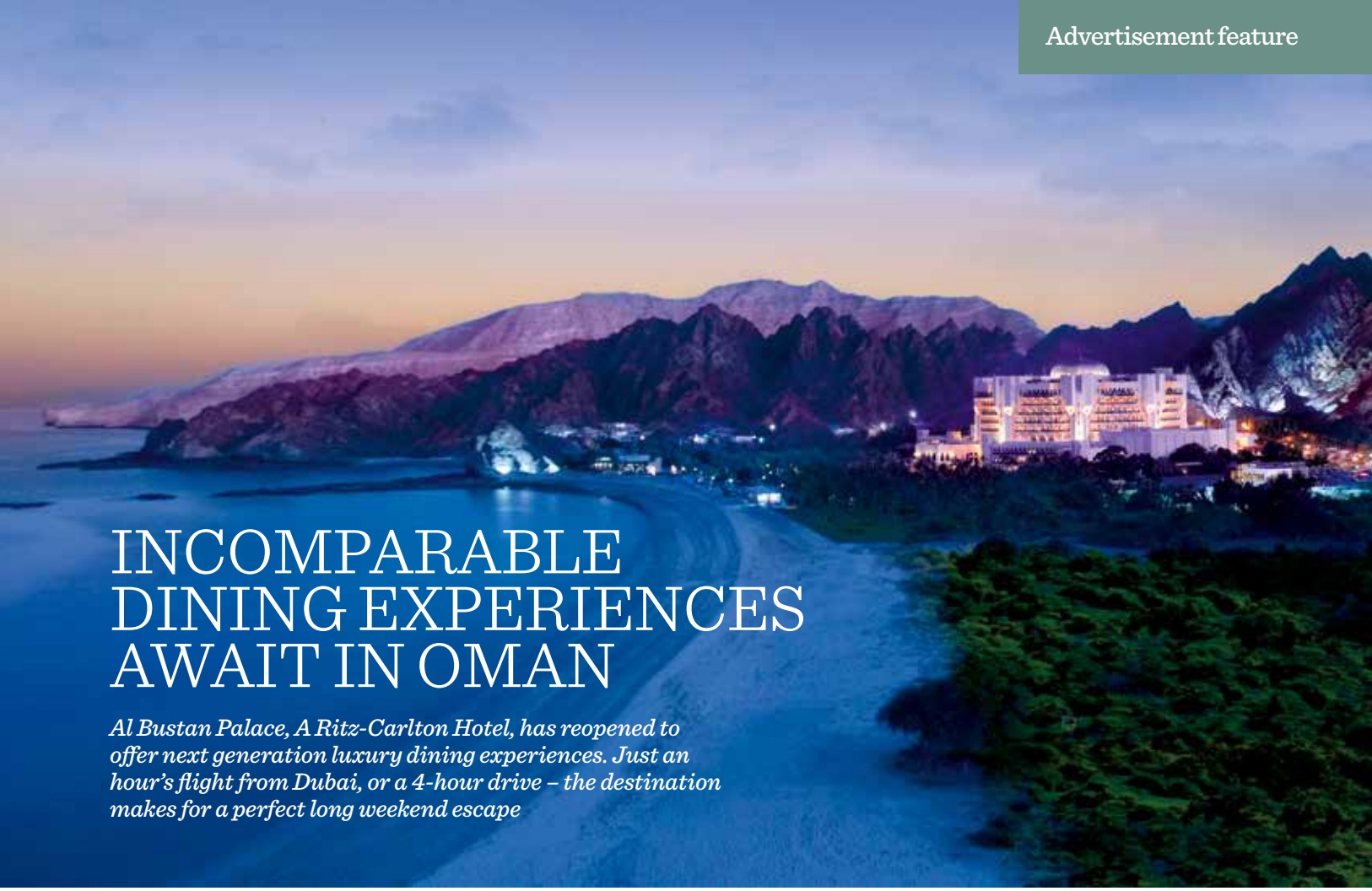
1 medium potato, peeled and halved
1 large apple, peeled
100g Brussels sprouts
100g black pudding
1 garlic clove, crushed
1 tsp cumin seeds
3 tbsp vegetable oil, plus a little extra
2 eggs
parsley, to serve

1 Put the potato in a bowl, cover with cling film and microwave on high for 4 mins until partially softened, then leave to cool slightly. Meanwhile, grate the apple and sprouts, to their cores, into a clean tea towel, then grate the potato on top and use the tea towel to squeeze out as much moisture as possible. Tip into a bowl, crumble in the black pudding, add the garlic and stir through the cumin seeds. Season generously.
2 Heat 1½ tbsp oil in a frying pan over a medium heat. Add half the potato mix, flatten with the back of a spatula to a thickness of around 1½ cm and fry for 3 mins. Put a plate on top of the pan, flip the rösti over, slide back into the pan and cook for 3 mins on the other side. Once golden, set aside, covered with some kitchen foil, and repeat with the remaining mixture to make a second rösti.
3 Meanwhile, use a separate pan to fry the two eggs in a little oil. Serve each rösti topped with a fried egg, some cracked black pepper and a scattering of parsley.

GOOD TO KNOW vit c • iron • 1 of 5-a-day
PER SERVING 553 kcals • fat 39g • saturates 7g • carbs 31g • sugars 11g • fibre 4g • protein 17g • salt 1.3g



breakfast for dinner



INCOMPARABLE DINING EXPERIENCES AWAIT IN OMAN

Al Bustan Palace, A Ritz-Carlton Hotel, has reopened to offer next generation luxury dining experiences. Just an hour's flight from Dubai, or a 4-hour drive – the destination makes for a perfect long weekend escape

Al Bustan Palace, A Ritz-Carlton Hotel, has reopened following a period of extensive enhancements, marking a new era in its legacy. An iconic symbol of Omani culture and hospitality, the palace hotel has been reimagined to embrace the needs of families and the modern global traveler, to offer new inspiring experiences that bridge heritage with state of the art technology and modern design.

Key updates include a redesign of the luxury rooms and suites, a new outdoor Ritz Kids adventure experience, and restaurants with more outdoor dining opportunities on the shores of the Gulf of Oman.

The palace hotel's rooms and suites have undergone a dramatic transformation, combining decor inspired by Oman's culture and heritage with state-of-the-art design and technology.

Capturing Oman's spirit of adventure and its love of the outdoors, the hotel presents a refreshed Ritz Kids program and a new outdoor Kids Aqua Land. Young adventurers can ride a zipline, splash through their own dedicated pool, or slide from a large Omani-inspired boat, all surrounded by lush gardens, golden sands and sensational views of Al Hajar Mountains.

The restaurants provide a variety of enriching dining experiences. Al Khiran Kitchen brings together the best of the country's natural beauty, with a newly extended two-level terrace providing dazzling views of the fifty meters long infinity pool and the ocean. The cuisine showcases the freshest local produce and flavors from farms across the Sultanate.

Beach Pavilion Bar & Grill captures the spirit of the surrounding sea, with an expansive deck overlooking the seafront, along with three private beach cabanas. Simple yet elegant, locally-inspired seafood dishes and grills are the specialty.

Already celebrated as one of Oman's finest Asian restaurants, China Mood now offers an elegant terrace from which to enjoy its authentic Chinese cuisine and unique tea sommelier show.

The Grand Ballroom and meeting rooms have also undergone renovation, re-elevating Al Bustan Palace to Muscat's premier destination for the most prestigious wedding celebrations and events.

True to its commitment to the people of Oman, Al Bustan Palace, A Ritz-Carlton Hotel, has also opened doors to visitors who wish to spend a day at the hotel with a Beach Day Pass that offers access to the private beachfront and facilities. Recreation Memberships have also been created for residents and families who wish to enjoy exclusive, year-round access to the hotel's palatial facilities and beachfront.





AL BUSTAN PALACE
A RITZ-CARLTON HOTEL

Al Bustan Palace, A Ritz-Carlton Hotel, Muscat, Oman
Call: +96824799666
E-mail: albustan@ritzcarlton.com
Visit: ritzcarlton.com/en/hotels/oman/al-bustan#Hotel

Hazelnut & oregano pasta

SERVES 2 **PREP** 10 mins **COOK** 12 mins **EASY** V



modern veggie

180g linguine or spaghetti
50g blanched hazelnuts, roughly chopped
2 tbsp olive oil
1 garlic clove, crushed
½ small pack fresh oregano, leaves picked
1 lemon, zested
100ml double cream
30g parmesan, or vegetarian alternative, finely grated

1 Cook the pasta for 1 min less than pack instructions.
2 Meanwhile, toast the hazelnuts in a dry frying pan over a medium heat then, once golden, add the oil, garlic, oregano and three-quarters of the lemon zest. Stir so that everything is well coated, cook for 30 secs or so, then stir in the cream and take off the heat.
3 Drain the pasta straight into the frying pan, adding a little of the cooking water to the pan. Stir through the cheese, season well with black pepper, then toss everything together and serve immediately with the remaining lemon zest scattered over the top.

GOOD TO KNOW calcium
PER SERVING 908 kcals • fat 60g • saturates 22g • carbs 67g • sugars 4g • fibre 6g • protein 22g • salt 0.3g

Lamb chops & smoked paprika sweet potatoes



Friday night win

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY**

½ small pack mint, chopped (reserve a few leaves to serve)
1 garlic clove, crushed
2 tbsp olive oil
4 lamb chops
2 sweet potatoes, cubed
1 red onion, cut into wedges
1 tsp smoked paprika
for the lemon yogurt
35g feta
75ml natural yogurt
½ lemon, juiced

1 Mix the mint and garlic with 1 tbsp of the oil and some seasoning, then rub all over the chops. Heat a frying pan over a high heat and, holding the chops fat-side down, fry until the fat is golden, around 2 mins, then lie flat and fry for 3 mins either side. Cover with foil and set aside.
2 Meanwhile, put the sweet potatoes in a bowl, cover with cling film and microwave on high for 8 mins.
3 Put the red onion in the pan you used for the lamb, fry over a medium heat for 3-5 mins,scatter in the paprika, cook for 2 mins, then toss in the sweet potato. Season.
4 To make the yogurt, mash the feta with a fork, whisk with the yogurt and lemon juice, season well, then add enough water to make it a drizzling consistency. Serve the chops with the sweet potatoes, drizzle over the yogurt and scatter over the mint leaves.

GOOD TO KNOW calcium • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 734 kcals • fat 34g • saturates 13g • carbs 52g • sugars 30g • fibre 9g • protein 51g • salt 1.0g

Shoot director GARETH JONES | Food stylist ELENA SILCOCK | Stylist JENNY IGGLEDEN











TRIED & TASTED

Asado, Palace Downtown

This month, *BBC Good Food Middle East* reviews Palace Downtown's Argentinean grill restaurant, where the scene is set for a perfected culinary experience, complete with warm service and incomparable views of Burj Khalifa

WHERE? Asado, Palace Downtown
DINING EXPERIENCE: Dinner
WHAT'S IT LIKE? It's easy to feel instantly at home as you enter Asado – both décor and ambiance are warm welcoming, as are the front of house team, who offer service with a smile and ensure you're well looked after from the moment you step through the door. If you're a fan of high-quality meat, you're in luck at this Argentinean grill as wide-ranging premium cuts are well-stocked and expertly prepared here on the 'Parilla'.
Asado boasts character and soul with its rustic stone walls, dark wood furnishings and deep red chairs and plates – inside transports you to rural yet contemporary Argentina. Nestled below the spectacular Burj Khalifa, Asado offers world-class views of the Dubai Fountains, with a large al fresco seating area in addition to the inside dining room.
WHAT ARE THE FOOD HIGHLIGHTS? Once seated, the taste buds are immediately tempted by smoky, mouthwatering scents from the grill wafting through the restaurant. Centre stage, you'll find the star of the menu and an authentic Argentine dish, 'cabrita asado' (whole roasted baby goat), located forefront of the see-through open kitchen – this is an extremely tasty, traditional dish and a must-try. The meat is extremely tender and succulent; it quite literally melts in the mouth. Cabrita asado can be enjoyed as a starter or a main course.

Continue the dining experience with a selection of Chef Josefinna Vallve's newly-introduced dishes, including the incredibly delicious grilled Provolone cheese with caramelized onions – it's best to start with this dish first and enjoy the cheese while its warm, gooey goodness.

Next, enjoy vibrant, zesty flavours with the ceviche con chicharron dish – seabass ceviche with coriander dressing and squid 'chicharron', before sampling the Nikkei-style marinated yellowfin tuna in homemade crispy, corn tortilla shells, served with sour cream.

With so many cuts of beef to choose from on the menu, naturally, we opted to enjoy a steak for main course. The beef tenderloin steak is a fantastic option, especially with chimichurri sauce (a traditional uncooked sauce made using parsley) on the side. Speaking of sides, don't miss the grilled asparagus and creamed mascarpone spinach to accompany your main course.

To finish, enjoy an irresistible serving of chocolate fondant cake served with ice cream – be sure to save room as this dessert makes for a perfect finale to the meal.
THE BOTTOM LINE: The team at Asado was extremely professional and welcoming, ensuring a refined and enjoyable experience was had by all. Head here for a special and romantic dinner with your other half, or with a small group of family and friends to enjoy great food and beverage in a beautiful setting.
WANT TO GO? For more information about Asado or to make a reservation, e-mail dine@emaar.com or call +97148883444.

slow cooker

beef stroganoff

Make more of your slow cooker and take the stress out of dinner time

recipe CASSIE BEST *photograph* EMMA BOYNS

Slow cooker stroganoff

Stroganoff is usually made with a quick-cook cut of beef, such as fillet or sirloin. This version is not only lighter on the wallet, it's full of flavour. Serve with pasta, rice or mashed potato.

SERVES 4 **PREP** 20 mins
COOK 5-8 hrs 30 mins **EASY** ❄

750g stewing steak, such as chuck, cut into strips
1 tbsp vegetable or rapeseed oil, plus a little more if needed
2 onions, halved and sliced
2 garlic cloves, crushed
1 beef stock cube, or 1 tbsp liquid stock
1 tbsp Dijon mustard
50g butter
200g chestnut mushrooms, halved
2 tsp cornflour
200g soured cream
small bunch parsley, chopped
tagliatelle or mashed potato and a pinch of paprika, to serve

1 Turn on the slow cooker. Season the beef. Heat the oil in a wide frying pan and add the beef in batches so as not to overcrowd the pan. Cook over a high heat until deep brown, then transfer to the slow cooker. Add the onion and garlic to the pan and cook for a few mins until soft, adding more oil, if needed. Add a splash of water and scrape any bits from the bottom of the pan. Tip everything into the slow cooker.
2 Add the stock to the beef, then the mustard and season. Add enough water to just cover the beef, put the lid on and cook on Low for 6-8 hrs or High for 5-6 hrs.
3 About 30 mins before serving, melt the butter in a frying pan and cook the mushrooms until soft and caramelised. Tip into the slow cooker. Mix the cornflour with a little liquid from the stroganoff in the frying pan until smooth, then add about 100ml more and bring to a simmer. Once thickened, pour into the slow cooker with the sour cream. Turn to High (if not already) and cook for another 20 mins. Stir through the parsley. Serve with tagliatelle or mash, sprinkled with paprika.

GOOD TO KNOW fibre • iron • 2 of 5-a-day
PER SERVING (5) 988 kcals • fat 61g • saturates 28g • carbs 76g • sugars 11g • fibre 7g • protein 31g • salt 1.2g

Shoot director GARETH JONES | Food stylist MYLES WILLIAMSON | Stylist EMMA BOYNS



Don't have a slow cooker?

Use a large casserole dish to brown the meat. Remove, then add the onions and garlic and cook as above. Put the meat back in, along with the step 2 ingredients. Cover and cook over a low heat for 1 hr 30 mins-2 hrs until the meat is tender. Follow step 3, bubbling the stew with the mushrooms and cornflour for 5 mins.





Healthy meets brunch

For the healthiest brunch in town, head to the award-winning eat well Restaurant every Friday for a vegan-friendly, family brunch experience with breathtaking views of Dubai's skyline

ENJOY 1 + 1 BRUNCH WITH ENTERTAINER AND ZOMATO GOLD!

Brunch, by name and by nature, is the very best of both worlds. Better than breakfast – in that it affords a weekend lie-in and it generally allows one to eat more – and more leisurely than lunch!

eat well Restaurant invites you to join with your little ones every Friday and enjoy the healthiest brunch in town, with spectacular views of the Dubai Skyline and Burj Khalifa!

Babies up to the age of 1 year, can enjoy complementary baby food courtesy of Yum by Mum.

Enjoy your brunch, while professional caretakers from Emirates Home Nursing, will look after your kids at the dedicated kids play area.

Fill up with unlimited starters and desserts, from the buffet table. While the a la carte main course selection changes on a weekly basis in order to keeps things fresh and inviting!

THE DETAILS

TIMING:
11:30am to 3:30pm

DATE:
Every Friday

PRICING:
AED 121 per person. Kids under 5 years eat for free and until 10 years pay half.

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TOM KERRIDGE

ROAST WITH THE MOST

Michelin-starred gastropub owner **Tom Kerridge** gives a classic roast a makeover with some easy tricks *photographs* TOBY SCOTT

The Coach-style roast potatoes, p52



Good Food contributing editor Tom Kerridge is a BBC presenter and chef-owner of The Hand & Flowers, The Coach and The Butcher's Tap – all in Marlow, Buckinghamshire. His latest book, *Lose Weight for Good* (Dsh112, Absolute Press), is out now. @ChefTomKerridge



Treacle-cured roast sirloin, gravy & thyme salt, p52

Peppered beefy Yorkshire puddings, p52

NEXT LEVEL ROAST

FOR 6

Treacle-cured roast sirloin, gravy & thyme salt

Peppered beefy Yorkshire puddings

The Coach-style roast potatoes

Orchard fruit & cider Tatin



The Coach-style roast potatoes

At The Coach, my second pub, we do great roast potatoes, cleverly coating them with a potato-style batter that uses the slightly overcooked potatoes. If you can, it's worth chilling them in the fridge overnight for the best results.

SERVES 6 **PREP** 15 mins **COOK** 1 hr **EASY** V ❄

8 large Maris Piper potatoes, peeled and cut into chunks
vegetable oil, for the roasting tin

1 The day before, tip the potatoes into a large pan of salted water and simmer for 10 mins or until just tender, saving a little of the cooking water. Drain the potatoes in a colander and leave to cool. Now here's the trick; choose the two chunks that are most cooked and ready for mashing and push these through a potato ricer, then add a little of the cooking water to make a thick potato batter. Roll the cooled potatoes through the batter then put in the fridge on a tray lined with non-stick paper and chill overnight.
2 The next day, heat the oven to 200C/180C fan/gas 6. Take a large roasting tin and add a good splash of vegetable oil. Place in the oven and heat for a few minutes, then carefully add the potatoes to the hot fat and turn to coat. Lightly season with salt and roast for 40 mins without disturbing, then turn the potatoes and turn the oven up to 220C/200C fan/gas 8 to cook the Yorkshire puddings (see right). Continue to roast the potatoes for another 20-30 mins, turning again once, until beautifully crisp and golden all over.

GOOD TO KNOW vegan • healthy • gluten free
PER SERVING 291 kcals • fat 10g • saturates 1g • carbs 44g • sugars 2g • fibre 5g • protein 4g • salt 0.5g

Treacle-cured roast sirloin, gravy & thyme salt

Cooking meat with treacle is nothing new but this marinade will lift your average Sunday lunch to the next level.

SERVES 6 **PREP** 10 mins plus up to 24 hrs marinating **COOK** 2 hrs **MORE EFFORT** 🍷

200ml black treacle
1.2kg boneless sirloin, you want a piece that's like a very thick steak
For the gravy
1 shallot, finely sliced
3 thyme sprigs, plus 2 tsp picked thyme leaves
2 tbsp plain flour
150ml red wine
500ml beef stock

1 A day ahead, make the marinade. Mix the treacle with 100ml water until the treacle has dissolved. Lay the meat in a deep-sided dish and cover with the treacle marinade. Pop in the fridge overnight, or better still, up to 24 hrs.
2 To cook, heat oven to 90C/70C fan/gas ¼. Remove the beef from the marinade and place on a rack, fat-side up, in a roasting tin. Roast for 1 hr. Meanwhile, pour the marinade into a saucepan, bring to the boil and reduce by half and set aside. Once the beef has had its time and you're ready to cook your roasties, turn the oven up to 200C/180C fan/gas 6. Roast the beef for 20 mins more, then brush all over with the reduced marinade, then continue to cook for 30-40 mins, checking with a meat thermometer until the middle reaches 55C for pink but bloody and 60C for pink but cooked in the middle. Brush with more glaze as soon as the beef comes out. Leave to rest.
3 To make the gravy, remove the rack and place the roasting tray with all the beefy goodness on the hob. Add the shallot and thyme sprigs and warm through, then add the flour to form a paste. Pour in the wine and bubble until reduced, then pour in the stock and simmer for a few mins, then pass through a fine sieve into a gravy jug. As an optional extra, mash the picked thyme leaves with some flaky sea salt using a pestle and mortar. Slice the beef as thick or as thin as you like. Season with the thyme salt, if using, and serve with the gravy.

GOOD TO KNOW iron
PER SERVING 458 kcals • fat 17g • saturates 8g • carbs 27g • sugars 22g • fibre 1g • protein 43g • salt 0.6g

Peppered beefy Yorkshire puddings

Beef and cracked pepper are old friends, so I've reunited them by peppering up my foolproof Yorkies.

SERVES 8 **PREP** 10 mins **COOK** 25 mins **EASY**

140g plain flour
1 tsp cracked black pepper
¼ beef stock cube, crumbled
4 eggs
200ml milk
sunflower oil, for the muffin tin

1 To make the batter, tip the flour into a bowl with the pepper and crumbled stock cube. Beat in the eggs until smooth. Gradually add the milk, beating constantly until the mixture is lump-free. Season with a little salt. Pour the batter into a jug. The batter is now ready to use or it can sit for up to 12 hrs in the fridge.
2 Heat oven to 220C/fan 200C/gas 7. Drizzle a little sunflower oil evenly into a 12-hole non-stick muffin tin and put in the oven to heat through. Remove the hot tin from the oven. Carefully and evenly pour the batter into the holes. Put the tin back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned. Serve immediately or cool to reheat later. *Will freeze for up to one month.*

PER SERVING 130 kcals • fat 5g • saturates 1g • carbs 15g • sugars 1g • fibre 1g • protein 6g • salt 0.3g

Shoot director BARNEY DESMAZERY | Food stylist ELLIE JARVIS | Stylist LUIS PERAL

Orchard fruit & cider Tatin with cinnamon cream

SERVES 6-8 PREP 30 mins plus chilling
COOK 1 hr MORE EFFORT V ❄ !

200g golden caster sugar
100ml cider (optional)
1 cinnamon stick
50g cold butter, sliced
3 Granny Smith apples, peeled, cored and quartered
3 firm pears peeled, cored and halved (see page 107)
340g sheet all-butter puff pastry
For the cinnamon cream
1 tsp ground cinnamon
100g crème fraiche
150ml double cream
70g icing sugar

1 Scatter the sugar into a 24cm ovenproof frying pan and add the cider, if using, and the cinnamon stick. Place on the heat and bring to the boil, then reduce the syrup until it caramelises and goes amber, then add the butter off the heat and toss through to make a sticky sauce. While the sauce is still warm, pack the pan with the apples and pears. Roll the pastry out until it's slightly larger than the pan, then drape over the fruit and use a spoon to tuck the pastry under the fruit completely encasing them so that all you see is the puff pastry. Pop in the fridge for an hour or overnight.

2 Whisk the cinnamon, crème fraiche, cream and sugar together to soft peaks. Chill in the fridge.
3 Heat oven to 200C/180C fan/gas 6 and with a knife, prick a few holes in the top of the pastry. Put the pan in the oven and bake for 45 mins, then remove and leave to cool for 10 mins or so. This will make it easier and safer to turn out the tart. Place an upturned plate on top of the pan, then carefully flip the dish over. Serve in slices with the cinnamon cream on the side.

PER SERVING (8) 542 kcals • fat 32g • saturates 18g • carbs 58g • sugars 45g • fibre 3g • protein 3g • salt 0.5g



Cērto



LA DOLCE VITA

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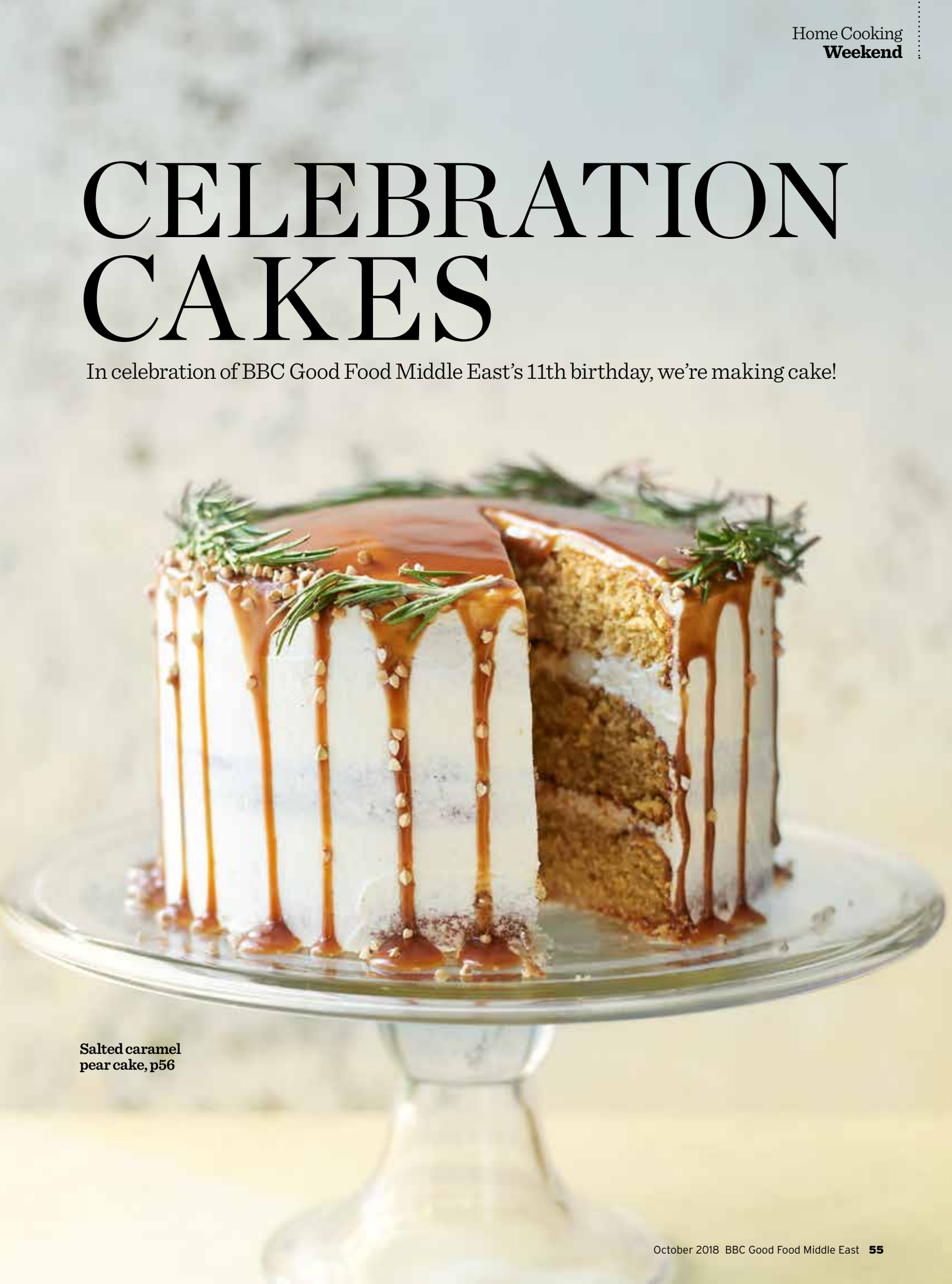
Buon appetito!

BBC goodfood Middle East AWARDS 2018

For more information call 04 3669187 or email certo.mediacity.dubai@radissonblu.com
Certo, Ground Floor, West Tower, Radisson Blu Hotel, Dubai Media City

CELEBRATION CAKES

In celebration of BBC Good Food Middle East's 11th birthday, we're making cake!



Salted caramel pear cake, p56

Salted caramel pear cake

This spiced cake has it all: moist, fragrant sponge, silky Italian meringue tahini buttercream and sharp, moreish, pear-laced salted caramel.

SERVES 12 **PREP** 1 hr **COOK** 50 mins **A CHALLENGE** V

2cm piece ginger, grated
4 Williams pears, 3 grated over a sieve, reserving the pear juice for the caramel, 1 peeled, cored and chopped (do this when about to decorate)
360g self-raising flour
15g rye flour
1 tsp ground ginger
½ tsp each turmeric, nutmeg, ground cardamom and cinnamon
1 tsp baking powder
4 eggs
200g golden caster sugar
150g light brown muscovado sugar, sieved
150ml rapeseed or vegetable oil
120g natural yogurt
toasted buckwheat, dehydrated pear and rosemary, to serve (optional)

for the pear salted caramel
50g unsalted butter, plus extra for the tins
50ml reserved pear juice
150ml perry
100g light brown muscovado sugar
1 tbsp double cream
generous pinch sea salt

for the icing
4 egg whites
250g golden caster sugar
250g butter, at room temperature
2 tbsp tahini
1 tbsp vanilla bean paste

1 Heat oven to 195C/175C fan/gas 5½. Butter and line the base of three 20cm round cake tins. Add the grated ginger to the grated pear and push down with a wooden spoon to squeeze out as much juice as possible.
2 Mix the flours, spices, baking powder and 1 tsp salt in a bowl. In a stand mixer, vigorously whisk the eggs and sugars for 3 mins until thick and frothy. Slowly pour in the oil in a steady stream. Turn the speed down, then add the flour mixture, 2 tbsp at a time, alternating with the yogurt, until incorporated. Mix in the grated pear (for no longer than 20 secs). Divide the mixture between the tins and bake for 25-30 mins or until a skewer inserted comes out dry.
3 For the caramel, heat the pear juice and perry in a pan until reduced to about 50ml. Add the sugar and butter and whisk to a smooth caramel, then add the cream and whisk again until smooth. Add sea salt to your taste – I'd go for a generous pinch, so that the caramel is still fruity and sharp but has a little saltiness to it – then allow to cool slightly to just warmer than room temp.
4 To make the buttercream, put the egg whites and sugar in the bowl of a stand mixer. Place the bowl over a pan of boiling water, then whisk until the sugar dissolves and the mixture is no longer gritty. Put the bowl in the mixer, then whisk until soft peaks form and the bowl returns to room temperature. Switch to the paddle attachment, then add the butter, one spoonful at a time. Add the tahini, vanilla and a pinch of salt, and beat to a light, fluffy icing.
5 Place the bottom layer of sponge on a platter or cake stand, then top with a layer of the buttercream and scatter over a third of the chopped pear. Repeat with the next two layers. To ice the cake, do an intial layer all over, chill in the fridge for 20 mins, then use the remaining icing to cover everything. Use a stepped spatula to spread it out evenly. Pour the caramel over the top of the cake, and allow it to drip down the sides. Scatter with toasted buckwheat, dehydrated pear and rosemary, if you like.

PER SERVING (12) 743 kcals • fat 38g • saturates 16g • carbs 89g • sugars 66g • fibre 3g • protein 8g • salt 1.5g

Elderflower & lemon celebration cake

The cake of the summer, we've recreated Prince Harry and Meghan Markle's wedding cake. It looks amazing decorated with fresh flowers – but make sure you use edible and non-poisonous varieties. We used unsprayed roses, violas and pansies.

SERVES 15-18 **PREP** 45 mins **COOK** 40 mins **MORE EFFORT** V ❄ uniced

oil, for the tins
6 medium eggs
100g natural yogurt
50ml milk
450g butter, softened
450g golden caster sugar
450g self-raising flour
2 lemons, finely zested, 1 juiced
3 tbsp elderflower cordial
fresh flowers, to decorate

For the icing
250g butter, softened
700g icing sugar
300g full-fat cream cheese
1 lemon, finely zested

1 Heat oven to 160C/140C fan/gas 3. Oil and line the base and sides of three 20cm cake tins with baking parchment. In a jug, whisk the eggs, yogurt and milk. Beat the butter and sugar together in a large bowl using an electric hand whisk. When you have a light and fluffy mixture, add the flour, the liquid in the jug and the lemon zest, and mix again until smooth. Divide the cake mixture between the tins, level the surfaces and bake for 40 mins.
2 Mix the lemon juice and elderflower cordial. When the cakes are cooked, poke all over the surface with a cocktail stick, then spoon the lemon and elderflower syrup over the cakes. Leave to cool in the tins. Once cool, you can wrap in cling film and keep for up to three days before icing.
3 To make the icing, beat the butter until smooth using an electric hand whisk. Add half the icing sugar, use a spatula to mash together (this will help to prevent an icing sugar cloud), then whisk again. Add the remaining icing sugar, along with the cream cheese and lemon zest, mash, then whisk again until smooth.
4 Stack the cakes on a cake stand with plenty of icing between each layer. Pile most of the rest of the icing on top, then use a palette knife to spread it across the top and down the sides, covering the cake in swirls (don't worry about it looking too perfect.) Use the final bit of icing to cover any patches where the cake is showing through. Decorate with fresh flowers to serve.

PER SERVING (18) 715 kcals • fat 38g • saturates 24g • carbs 86g • sugars 67g • fibre 1g • protein 6g • salt 0.2g



RAINBOW CAKE

Is there a more showstopping bake than our glorious multicoloured cake?

Rainbow cake

Rainbow cakes are perfect for special occasions – they look so impressive, yet are relatively simple. You just need to set aside some time to bake three sets of sponges, then decorate your showstopper. We've spent lots of time in our Test Kitchen developing this recipe: the sponges are dense and squidgy, so they shouldn't rise unevenly or require any trimming. They're made in pairs, so you only need two sandwich tins, and there's plenty of icing – no danger of running short! The below quantities are for two layers – you'll need three times this amount to make six colours.

CUTS INTO 18 slices **PREP** 2 hrs **COOK** 45 mins-1 hr
MORE EFFORT ❄ un-iced sponges only

125g butter, softened, plus a little extra for the tin
225g plain flour
150g golden caster sugar
3 medium eggs (very important to use the correct size)
3 tbsp buttermilk
½ tsp baking powder
pinch of salt
1 tsp vanilla extract
edible food colouring – red, orange, yellow, green, blue and purple, plus optional pink (see tip)

For the icing

1 tsp vanilla extract
3 x 250g tubs light cream cheese or mascarpone
350g icing sugar

1 Heat oven to 160C/140C fan/gas 3. Grease 2 x 20cm round sandwich tins and line the bases with baking parchment. Tip all the sponge ingredients, apart from the food colouring, into a mixing bowl, and beat with an electric whisk until smooth.

2 Working quickly, weigh the mixture into another bowl to work out the total weight, then weigh exactly half the mixture back into the mixing bowl. Pick two of your colours and stir a little into each mix. Keep going until you are happy with the colour – the colour of the batter now will be very similar to the finished cake, so be brave! Scrape the different batters into the tins, trying to spread and smooth as much as possible. Try not to waste a drop of the batter (a rubber spatula will help). Bake on the same oven shelf for 15 mins until a skewer poked into the middle comes out clean.

3 Gently turn the cakes out onto a wire rack to cool. Wash the tins and bowls thoroughly, and start again from step 1 – this time using another two colours. Unless you're making the optional pink layer (see tip, right), repeat one more time to get six sponges, all of different colours. Leave them all to cool.

4 To make the icing, very briefly beat the vanilla and cream cheese or mascarpone with an electric whisk until smooth. Sift in the icing sugar and gently fold in with a spatula. Be careful – the more you work it, the runnier it will get, increasing the chance of splitting.

5 Smear a little icing on your cake stand or plate – just a splodge to stick the first sponge. Start with the red, then spread with some icing right to the very edge. Repeat, sandwiching on top the orange, yellow, green, blue and finally purple sponges. Spread the remaining icing thickly all over the sides and top of the cake.

PER SLICE 601 kcals • fat 29g • saturates 18g • carbs 73g • sugars 47g • fibre 2g • protein 11g • salt 0.6g



gf tip

MAKE AN EXTRA LAYER

This recipe makes six sponge layers, but you can make one extra layer by halving the cake quantities and baking a single sponge dyed pink – use this as your seventh layer. It's not strictly necessary, the cake will still look fabulous with six, but why not!

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Raspberry & ginger fridge cake

Icebox cake, or fridge cake, is one of the easiest desserts you can make. When it's left to chill in the fridge, the biscuits absorb the moisture from the cream and begin to soften, which gives the cake a deliciously fudgy texture. This method suits all kinds of flavour combinations; try peanut biscuits with strawberries, or chocolate or caramel biscuits with layers of chocolate sauce and cream.

SERVES 8 **PREP** 20 MINS PLUS AT LEAST 3 HRS CHILLING NO **COOK** **EASY**

600ml double or whipping cream
1 tsp vanilla extract or paste
1 ball preserved ginger in syrup, finely chopped (reserve the syrup)
400g ginger biscuits
250g raspberries

1 Using an electric whisk, beat the cream to soft peaks, then fold in the vanilla extract and chopped preserved ginger.
2 Arrange about 5-6 biscuits (depending on their size) in a circle on a serving plate, then fill the gap in the centre with more biscuits. Spoon a layer of the whipped cream in blobs onto each biscuit and dot over some raspberries, pushing them into the cream. Add another, smaller circle of biscuits in a layer, and add more cream and raspberries. Repeat until you have used all the cream and biscuits, then decorate with any remaining raspberries.
3 Put the cake in the fridge to chill for at least 3 hrs. To test if the cake is ready to serve, poke a skewer into the biscuits in the centre. Once they're soft enough to cut, the cake is ready. Drizzle over some ginger syrup just before serving, if you like.

PER SERVING 526 kcals • fat 38g • saturates 23g • carbs 40g • sugars 19g • fibre 2g • protein 4g • salt 0.5g

Food stylist ESTHER CLARK | Stylist FAYE WEARS

Easy chocolate cake

An airy light sponge and rich buttercream makes this cake simple enough for an afternoon tea but special enough for a party; just add cake candles.

SERVES 10-12 **PREP** 35 mins **COOK** 20 mins
EASY **V** ❄ sponges only

for the cake
200g golden caster sugar
200g unsalted butter, softened plus extra for the tins
4 eggs
200g self-raising flour
2 tbsp cocoa powder
1 tsp baking powder
½ tsp vanilla extract
2 tbsp milk

for the buttercream
100g milk chocolate, chopped
200g butter, softened
400g icing sugar
5 tbsp cocoa powder
2 tbsp milk

to decorate
chocolate shards (see tip, below)

1 Heat oven to 190C/170C fan/gas 5. Butter the base and sides of two 20cm round sandwich tins, then line the bases with baking parchment.
2 In a large bowl, beat all the cake ingredients and a pinch of salt together until pale. Divide the mixture between the prepared tins. Bake for 20 mins or until a skewer inserted into the centre of the cake comes out clean. Leave to cool in the tin for 10 mins, then turn out onto a wire rack to cool completely.
3 For the buttercream, put the chocolate in a heatproof bowl and melt in the microwave, stirring every 30 secs. Leave the melted chocolate to cool for 5 mins. Mash the butter and icing sugar together with a fork, then switch to a wooden spoon or electric beaters, if you have them. Sift in the cocoa with a pinch of salt and pour in the melted chocolate and milk. Mix again until smooth.
4 On a cake stand or large plate, sandwich the cakes together with half of the buttercream, then spread the rest on top. Decorate with chocolate shards, if you like.

PER SERVING 523 kcals • fat 29g • saturates 18g • carbs 59g • sugars 47g • fibre 2g • protein 6g • salt 0.6g

make a perfect cake

gf tip
For the chocolate shards, melt 50g dark chocolate and pour it onto a tray lined with baking parchment or foil. Now melt 25g milk chocolate and 25g white chocolate and drizzle them over the dark chocolate before it sets. Shake the tray gently to level the mixture then leave to set somewhere cool. Chop into shards.

Food stylist ESTHER CLARK

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Giant mint choc ice

SERVES 6 **PREP** 20 mins plus at least 2 hrs freezing **COOK** 5 mins
MORE EFFORT ❄

2 tbsp vegetable oil, plus extra for the tin
200g dark chocolate
500ml good-quality vanilla ice cream
8 chocolate digestives or wafers
250g chocolate mint thins (around 24 individual chocolates)

1 Brush a 450g loaf tin with oil. As neatly as you can, line the bottom and sides of the tin with two strips of baking parchment. Melt 100g of the chocolate in the microwave with 1 tbsp vegetable oil on high in 30-sec bursts until smooth and glossy, then pour the melted chocolate into the loaf tin. Carefully spread the chocolate up the sides of the tin using a cutlery knife until they are all evenly coated. Put the tin in the freezer for 15 mins to set and take the ice cream out of the freezer to soften.
2 Take the tin out of the freezer and, working as quickly as you can, spread a quarter of the ice cream onto the base, then top with a single layer of chocolate mint thins. Add another layer of ice cream, followed by a layer of biscuits and mint thins. Top with another layer of ice cream, then a single layer of mint thins, before sealing with the last of the ice cream. Put back in the freezer to harden for at least 2 hrs or overnight. Don't worry if your layers are a bit messy – once everything has set and you cut a slice, it will look great.
3 Melt the remaining chocolate with the oil, leave it to cool a little, then, working quickly, spoon blobs over the ice cream and smooth over with the back of the spoon to cover the base. Return to the freezer until set. About 10 mins before you want to serve it, invert the ice cream bar onto a plate and peel off the baking parchment. Cut into six slices using a hot, sharp knife.

PER SERVING 695 kcals • fat 41g • saturates 22g • carbs 70g • sugars 54g • fibre 5g • protein 8g • salt 0.3g



Food styling KATY GREENWOOD | Styling FAYE WEARS









DJ, LIVE BAND, BELLY DANCERS & MANY MORE SURPRISES!

Istanbul Nights are back!

Take a culinary trip to Turkey at Turquoise & Azure Beach, Rixos Premium Dubai, Jumeirah Beach Residence every Thursday from 7.30pm, as Istanbul Nights return from October 18 onwards.

Following a successful first season, the popular 'Istanbul Nights' returns for a triumphant second season at Rixos Premium Dubai, with an extra injection of live entertainment and expanded venue set to raise the stakes of Dubai's night scene.

Opening its doors on the 18 October, Rixos Premium Dubai is embracing its roots and dedicating every Thursday evening to Turkish cuisine and culture, with a weekly celebration of music, drinks and food packed with entertainment, pop-up bars and poolside refreshment, transporting guests to the heart of Istanbul. What's more, thanks to its indoor and outdoor setting across Turquoise Restaurant and Azure Beach, revellers can make the most of the cooler months and party under the stars against the mesmerising JBR backdrop.

Istanbul Nights will feature an impressive array of signature Turkish cuisine curated by the talented Chef Ciftci, a culinary master of Turkish fare. Party-goers can make their way round exclusive live food stations, while pop-up bars by the pool serve a selection of Turkish-inspired cocktails. Live entertainment will bring some of Turkey's best singing talent to Dubai, accompanied by a live band and traditional belly dancers providing authentic Turkish entertainment. A DJ will continue the festivities with contemporary beats to for those wanting to dance late into the night.

THE DETAILS

WHEN?
Every Thursdays from 7.30pm,
as of October 18

PRICE:
AED 249 inclusive soft drinks, and
AED 349 inclusive house beverages

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Health news

Health news covering everything from ingredients and dishes to advice and new products and restaurants to try



Same day delivery with Ripe Organic

Ripe Organic, the locally-based provider of fresh, organic fruits and vegetables, has officially launched same day delivery service across Dubai.

Order before 3pm and Ripe will deliver to you the same day. There is no minimum order and the delivery charge is AED25, unless you order over AED250 and then delivery is free.

Ripe is more than just a bursting box of delicious veggies, they offer a one stop shop for all of your organic fruit and vegetable requirements and the Ripe Farm Shops stock a wider-range of ingredients such as milk, cheese, bread, chicken and eggs, to superfoods, dairy-free, vegan, snacks, gluten-free, fresh juices, olives, and store cupboard essentials.

To place an order or for more information, call 055 543 1282, or visit ripeme.com.

NEW OPENING

Eat fresh at DIFC-based Refresh Delux Café



Refresh Delux Cafe is a new modern homegrown Mediterranean café that has opened at Marble Walk in DIFC. The light, simple, honest food is inspired by the owner-operator's Greek heritage, and a Mediterranean diet. Consider it an all-day dining destination whether breakfast, lunch, dinner, tea, coffee or homemade cake and pastries. The competitive pricing offers value for money with an AED60 average cheque per person. Dishes for breakfast, lunch and dinner range in price from AED23 – AED90.

All dishes served at Refresh are made using only fresh, never frozen, ingredients – some of which are locally-sourced and from Southern Europe in line with the Mediterranean menu that follows European seasonality. On the menu, expect to find dishes including caprese benedict, kale energy salad, smoked salmon bagel, roasted eggplant with couscous, hand-cut, triple-fried fries with oregano, plus more. Gluten-free options are also available. Dining-in aside, Refresh offers grab and go, as well as online ordering through its website (with 15% discount) or through Deliveroo. For more information or to place an order, call 04 7706698, e-mail hi@refreshcafe.com or visit refreshcafe.com.



New 'power bowls' at Ultra Brasserie

Chefs at Ultra Brasserie have launched a new range of power bowls, including vegan and vegetarian options that pack a nutritious punch. The bowls are designed around natural goodness from plant-based, superfood ingredients all together in one dish.

All power bowls on the menu are priced at AED50 and below, with options including the grilled salmon bowl with black and white quinoa, avocado, micro herbs, green beans, seeds and sprouts with tangy yuzu dressing, the sea bream and chilled soba noodle bowl with roasted spicy Brussel sprouts, sweet soy reduction, beansprouts, broccoli florets, the roasted sweet potato bowl with zucchini noodles, avocado, pickled cabbage, burgol, tahina chickpea citrus dressing – plus more. For more information, visit ultra.ae.

Text SOPHIE VOELZING | Photographs SUPPLIED

How to eat well at work

Dubai-based nutritionist Nancy Bhatia shares her top tips for eating well while at work.

Making right food choices while working can influence your lifestyle to a great extent and help you perform better at work, be less irritable, and help you to continue fitting in your old pants despite of the desk job which can limit movement. Below are seven simple rules to follow to ensure balanced routine even while at work.



1. Say no to no breakfast

Never skip your breakfast. If you are late and a have a long road until you reach work, start with a banana on the go. It's inexpensive, easy to carry and easy to eat. Alternatively spread some peanut butter on a multigrain slice and eat. Studies have shown that people who consume breakfast daily, report less hunger and irritability at work.



2. Salt reduction

Often, a little spoon full of mayo, side of pickle or salad dressings and even salted nuts go unnoticed as 'wrong choices' These items are loaded with salt. Sauces and pickles often lead to water retention in the body, disturbs the hormonal balance and leads to puffy face in the morning. It disturbs the blood pressure, making it difficult to handle stressful days at work.



3. Swap coffee

You must be thinking I am crazy! But its real. Caffeinated beverages such as colas, energy drinks and coffee give an instant energy spike and brings it down equally fast, making you feel even more tired, and it further tempts you to go for another one. It's a trap. Instead, try a cup of warm water with some cinnamon and honey. This is a better choice when you are running between the meetings and you have to stay focused. This beverage will ensure a steady release of energy for a longer duration without making you feel tired towards the end of the day.



4. Sugar is the new fat

We all know it. The major culprit is the sugar. Look out for hidden sugar in your packet foods that may be present in various forms such as invert sugar, processed sugarcane crystals, corn starch, malt dextrin, fructose syrup, rice syrup etc. Learn to read food labels. If sugar in any form, is in the first five list of ingredients, you probably want to keep that food item away.



5. Eat the third bite only if you can eat the fifth

There is an old Arabic saying which says, you should eat the third date only if you can eat the fifth. This is the best way to understand portion control. When you eat the third date and realise that you are full, it means you have already over eaten. This practice will not make you feel sleepy, and lethargic at work. It will not spike your sugar levels and thus not make you feel hungry often.



6. Not all fruits are good

Yes, not all fruits are good to eat at work. Custard apples and mangoes are comfort fruits. They induce sleep. You may feel hungry right after eating an apple as a mid-day snack. Why? Because apple is 95% carbs and eating high carb foods triggers hunger at faster rate. Compliment your mid-day fruits with some proteins such as unsalted nuts or even a spoonful of peanut butter dip. The high protein and fat content will regulate the sugar rise thus making you feel less hungry until the next meal.



7. Bottle up

Simplest and easiest rule to follow is to drink at least 6 – 7 glasses of water from the time you reach work until you leave for home. Apart from keeping you hydrated, another important reason is that you will often walk to the washroom and this is highly recommended for people with desk jobs. To make your drinks more interesting, swap plain water with green tea and fruit infusions.

Nancy Bhatia is a nutrition policy consultant in public and private sector. She has consulted government, schools and catering companies to develop school nutrition standards. She has also consulted food companies in Dubai to developed healthy snacks such as Munch Box and even Kidzania, Dubai to develop culinary education program for kids. If you have any queries, write to her at naneestiffinbox@gmail.com.

nadiya hussain

eating for comfort



Juggling a hectic schedule with healthy eating is often a struggle, so our columnist suggests ways to keep a balanced diet under pressure

We've all been there and I certainly am always battling myself. Working long hours, and with food, means that I often feel I need sugar and caffeine just to stay on top of things. I am guilty of it and lots of us grown-ups are guilty of putting ourselves second where food is concerned. We're not always good at thinking about what goes past our lips.

I know when I am elbow-deep in recipe testing and knee-deep in laundry, all I wants is a bag of chips, a cup of tea and a bar of chocolate – and when I'm that busy, I have zero time for exercise. This is when life feels like it is utterly thrown out of balance.

Not eating well is a never-ending rollercoaster of sugar highs, blood pressure lows and floods of guilt that keep on coming. Of course, that only makes me less productive; the opposite of what I intend when I reach for the caffeine, carbs and sugar.

I love my job and I would not be doing anything else. But throwing myself into it so passionately can often be to the detriment of my health. Why is it that we'll wake up to do something we love and not do the same to look after the body that allows us to do it in the first place? It's because we're human!

Balance has never been my strong point. I'm an all-or-nothing kind of girl. I will either eat all the chocolate or none of it. I'm not good at the middle ground.



"I'm all-or-nothing – I will either eat all the chocolate or none of it"

Eating well is not only good for our bodies but also our neglected souls. So, just like we put an alarm on to get out of bed in the morning, we should have an alarm bell reminding us to eat well and prepare ourselves for that every day. Thinking about everything you will eat first thing and how you will eat, makes you much more productive and it's less likely that, at the end of the day, you'll have to tell yourself, 'I really didn't need another bar of chocolate'.

gf top tips

Rules I live by to be productive at work and together as a mum are:

- Always prep lunch the night before – if you are caught short, you are more likely to make a bad lunch choice.
- Set the alarm to get out of bed at least an hour before you normally would, especially if you struggle to get out of bed. Not being rushed and feeling relaxed allows you to make better choices in the morning.
- Have breakfast and try to carry a healthy snack with you to make sure that, if you get a pang, you can sate it without guilt.
- Always carry water with you. When you're thinking you need a caffeine hit, you may just be thirsty.
- Don't feel bad if you have a bar of chocolate – it's not the end of the world.
- Food does not always have to carry guilt; food brings so much pleasure.

If we can find balance, with food, exercise and mindfulness, we are winning at life.

Portrait DAVID COTSWORTH | Photograph STOCKSY

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Taste of Abu Dhabi 2018 highlights the Best of British with the sounds of classic, present and future British music! Authentically English band, The Bootleg Beatles, national pop sensation Nadine from Girls Aloud and Sarah Ikumu (who was famously golden buzzed by Simon Cowell himself on Britain's Got Talent 2017 edition) will be headlining on November 8th. It's a Thursday night not to be missed! You can also experience British treats in the new Best of British pavilion any time throughout the 3-day festival!

Buy now at **www.tasteabudhabi.com**

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heart health

salmon salad

gf healthy diet plan

Aim to eat oily fish once a week – wild salmon is a good choice if you prefer a milder flavour

recipe SARA BUENFELD *photograph* ROB STREETER

Miso roast salmon, lentil & pomegranate salad

FIBRE | 2 OF 5-A-DAY | OMEGA 3

SERVES 2 **PREP** 10 mins
COOK 20 mins **EASY**

80g dried puy lentils
1 tsp miso paste
2 tsp finely grated ginger
1 garlic clove, finely grated
1 lime, zested and juiced
1 tsp rapeseed oil
½ tsp black/white sesame seeds
2 x 150g skinless wild salmon fillets
1 tsp apple cider vinegar
2 carrots, cut into fine strips with a julienne peeler or knife
60g pomegranate seeds
3 spring onions, finely sliced
handful fresh coriander, chopped

1 Heat oven to 200C/180C fan/gas 6. Cook the lentils in a pan of boiling water for 20 mins until tender. Meanwhile, mix the miso paste with 1 tsp of the ginger, the garlic, juice of half the lime, oil and sesame seeds. Put the salmon on a foil-lined baking tray and spread 1 tbsp of the miso mixture over them. Roast for 10-12 mins until cooked through.
2 Tip the rest of the miso mixture into a bowl with the remaining ginger, lime juice and zest, vinegar, carrots, pomegranate, onions and coriander. Drain the lentils and toss into the salad. Divide between plates and add the salmon.

GOOD TO KNOW healthy • fibre • iron • omega 3 • 2 of 5-a-day
PER SERVING 503 kcals • fat 20g • saturates 4g • carbs 27g • sugars 11g • fibre 10g • protein 47g • salt 0.6g



Shoot director and stylist RACHEL BAYLY | Food stylist SOPHIE GODWIN

BBC goodfood Middle East AWARDS 2018



ALEXANDRE SZKARADKIEWICZ
Bleu Blanc by David Myers

ROBERTO SEGURA
Waka

ERIC JUNG
STK

LUIGI VESPERO
Galvin Dubai

CHEF OF THE YEAR 2018

The BBC Good Food Middle East Chef of the Year, is the only award in the region of its kind. This prestigious award celebrates talented chefs across the region, and rewards their gastronomic excellence.

Held on 4th November, the chefs - who earnt their places through gaining the highest number of public votes in our Restaurant of the Year Dubai and Abu Dhabi categories - will go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management in the hope of being crowned BBC Good Food ME Chef of the Year and winning a trip to Bali!

Voting remains open for all BBC Good Food ME Awards categories until November 8th visit bbcgoodfoodme.com/awards to cast your votes!

#BBCGFMEAWARDS

Mystery Box Partner: Northern Ireland

Venue Partner: The Emirates Academy of Hospitality Management — In academic association with Ecole hôtelière de Lausanne

Prize Partner: Mövenpick Resort & Spa Jimbaran Bali

Official Publication: BBC goodfood Middle East

Organiser: CPI Media Group — CPIMEDIAGROUP.COM



Punchy spaghetti

low-cal

3 healthy pastas

Who knew you could eat pasta and stay healthy? These easy-to-make dinners are good for you, have fewer calories, and are easy on the wallet too!

recipes SOPHIE GODWIN *photograph* ROB STREETER

Punchy spaghetti

HEALTHY · FIBRE · 3 OF 5-A-DAY

SERVES 1 PREP 10 mins COOK 15 mins EASY

75g wholemeal spaghetti
2 anchovies, in oil
1 fat garlic clove, finely chopped
1 tbsp olive oil
½ tsp smoked paprika
1 small courgette, cut into cubes
100g cherry tomatoes, halved
large handful rocket
½ lemon, juiced

1 Bring a pan of water to the boil and cook the pasta for 1 min less than the pack instructions.
2 Meanwhile, cook the anchovies and garlic in a frying pan with the oil, until the anchovies have broken down. Add the paprika and courgette, then cook for 5 mins until the courgette is mostly softened. Tip in the cherry tomatoes and turn up the heat a little so they begin to burst.
3 Transfer the pasta straight to the frying pan using tongs (a little water will help create a smooth sauce). Take the pan off the heat, add a good grinding of black pepper and a squeeze of lemon juice to taste, then toss through the rocket. Mix everything to combine and pile into your bowl.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 436 kcals • fat 15g • saturates 2g • carbs 53g • sugars 5g • fibre 12g • protein 17g • salt 0.9g

Sausage & butternut squash shells

HEALTHY · LOW CAL · 2 OF 5-A-DAY

SERVES 4 PREP 15 mins COOK 35 mins EASY

1 medium butternut squash, peeled and cut into medium chunks
1½ tbsp olive oil
2 garlic cloves, crushed
1 fennel bulb, thinly sliced (keep the green fronds to serve)
4 spring onions, thinly sliced
2 tsp chilli flakes
1 tsp fennel seeds
300g large pasta shells
3 pork sausages

1 Put the squash in a microwaveable bowl with a splash of water. Cover with cling film and cook on high for 10 mins until soft. Tip into a blender.
2 Meanwhile, put a frying pan over a medium heat and pour in 1 tbsp olive oil. Add the garlic, sliced fennel, spring onions, half the chilli flakes, half the fennel seeds and a splash of water. Cook, stirring occasionally, for 5 mins until softened. Scrape into the blender with squash. Blitz to a smooth sauce, adding enough water to get to a creamy consistency. Season to taste.
3 Bring a pan of water to the boil and cook the pasta for 1 min less than the pack instructions. Put the frying pan back on the heat (don't bother washing it first – it's all flavour). Pour in the remaining oil, squeeze the sausagemeat from the skins into the pan and add the remaining chilli and remaining fennel seeds. Fry until browned and crisp, breaking down the sausagemeat with a spoon.
4 Drain the pasta and return to its pan on the heat. Pour in the butternut sauce and give everything a good mix to warm the sauce through. Divide between bowls and top with the crispy sausage mix and fennel fronds.

GOOD TO KNOW healthy • low cal • fibre • 2 of 5-a-day
PER SERVING 462 kcals • fat 16g • saturates 4g • carbs 60g • sugars 6g • fibre 9g • protein 15g • salt 0.7g

Shoot director and stylist RACHEL BAYLY | Food stylist SOPHIE GODWIN



Pea & leek open lasagne

Pea & leek open lasagne

HEALTHY · VIT C · 3 OF 5-A-DAY

SERVES 2 **PREP** 10 mins **COOK** 15 mins **EASY** V

- 2 tbsp rapeseed oil
- 2 leeks, washed and sliced into half moons
- 2 garlic cloves, finely chopped
- 250g frozen peas
- 100g kale
- 1 tbsp wholegrain mustard
- 2 tbsp low-fat crème fraîche
- 1 lemon, zested
- 4 fresh lasagne sheets

1 Put a frying pan over a medium heat. Pour in the oil and add the leeks, garlic and a pinch of salt. Cook, stirring occasionally, until collapsed and soft. Meanwhile, bring a pan of water to the boil.
2 Tip the peas and kale into the pan with the leeks and add a splash of water. Cook until the kale has wilted and peas are defrosted. Turn down the heat to low. Stir in the mustard, crème fraîche and 3/4 of the lemon zest. Add enough water to make a sauce. Give everything a good mix and season to taste.
3 Drop the lasagne into the water and cook following pack instructions, then drain well. Put one lasagne sheet on each plate, top with half the leek and pea mix then layer up the second lasagne sheet and the remaining greens. Scatter over the remaining lemon zest and add a good grinding of black pepper.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 450 kcals • fat 21g • saturates 5g • carbs 41g • sugars 12g • fibre 13g • protein 18g • salt 0.5g

Sausage & butternut squash shells



A Saadiyat Island Escape

We visit the UAE's latest staycation hot spot, Saadiyat Rotana Resort & Villas on Saadiyat Island, Abu Dhabi, to discover culinary delights and more on offer



Text SOPHIE VOELZING | Photographs SUPPLIED





Where?

SAADIYAT ROTANA RESORT & VILLAS ON SAADIYAT ISLAND, ABU DHABI

What's it like?

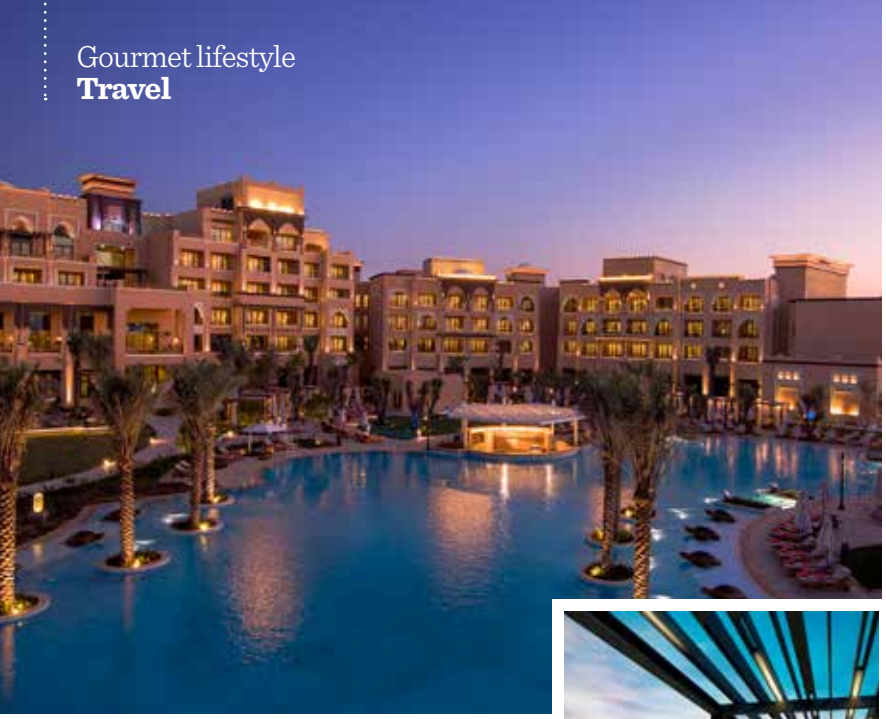
Nestled along the beautiful sandy shores of Saadiyat Island, the newly-opened Saadiyat Rotana Resort boasts modern Arabic architecture and design. Just a short 45-minute drive from Dubai, the gorgeous five-star property presents as a perfect destination for escaping the hustle and bustle for a weekend getaway.

Having just opened earlier this year, the 327-key resort is fresh, modern and offers a revitalising feel as soon as you enter the lobby, where you'll find seven glass-covered sunken show cases filled with sands from the seven emirates of the UAE – such a lovely touch, really giving the property a locally proud feel.

Inside our suite, we're wowed by breathtaking, unobstucted views of the Arabian Gulf – particularly at sunset. From the large bathtub and spacious walk-in rain shower, to the plushly-dressed king bed, it's safe to say that relaxation here is no hard task.

What's on the menu?

The resort has seven different food and beverage outlets, all serving up a variety of international cuisines and carefully crafted drinks. Having dined at a couple during our stay, what struck me most – high-quality aside – was the great price-point offered across all F&B











outlets. Unlike quite a lot of resort's where in-house dining comes with a hefty price tag, dining at Saadiyat Rotana Resort is crafted with affordability in mind.

Open for lunch and dinner, Si Ristorante Italiano & Bar is a spacious restaurant serving up a great range of authentic Italian favourites. Inside, features include a traditional live pizza oven and a fresh antipasti bar, where a fantastic selection of cheeses including mozzarella, burrata and Parmigiano Reggiano can be chosen, along with olives and tapenades. From the menu, don't miss the vitello tonnato – thinly sliced veal with seared tuna loin on a bed of balsamic-dressed rocket, or the generous portion of Piedmont-style beef tartare. Do as the Italians do and order a 'secondi' course of soup, pizza or a sharing-plate of pasta, before a main dish of seafood mixed grill that comes with sea bream, salmon, black tiger prawns, calamari and vegetables – it's a large portion and ideal for sharing.

For dinner, head to Hamilton's Gastropub, the resort's lively British and American venue, which promises a fun evening out. Food highlights at Hamilton's include the build your own mac & cheese, with toppings including everything from chorizo and Bolognese, to sautéed onions and wild mushrooms. The kale and spinach salad with dates, cashews, feta cheese and pomegranate dressing is a great dish to share on the side, and mains of angus beef tenderloin with creamy mash, and the corn-fed buffalo-style chicken sandwich with hot sauce come highly recommended.

Sim Sim is the resort's breakfast and dinner restaurant, serving international cuisine buffet-style, while Turtle Bay Bar & Grill is an ambient restaurant where grills from the land and sea are served. For mid-day snacks, light meals and refreshments, head to Sama Lobby Lounge where a range of teas, coffees, pastries and desserts are served all day.

This October, Saadiyat Rotana's two latest al fresco venues will open, just in time for the cooler winter months. Roof Lounge & Bar, takes you up to an elevated, chic rooftop bar above Turtle Bay Bar & Grill. Set to become the island's go-to open-air venue, it promises stunning sea and sunset views, an intimate setting complete with chill-out music, and an exceptional culinary experience complemented by an extensive beverage menu.

Guests can expect an easy, breezy menu, filled with both filling and lighter bites. From the seafood mini burger and salmon quiche, to the shell sampler and shrimp on a stick, there's a wide variety to choose from.

On the resort's lower deck, beach facing Nasma Beachfront Bar will allow guests to choose seating in the lounge area or on a comfy beanbag; diners can wriggle their toes in the sand as they are served beverages throughout the day and shisha in the afternoon.

Nasma offers a wide variety of culinary options – the colourful menu features a number of hot and cold specialties, combined with a refreshing drinks selection.

Facilities on offer:

When it comes to relaxation, you'll find yourself faced with a tough decision when choosing where to lounge for the day. From the long stretch of natural white sand and blue waters, to a selection of spots around the pool or perfectly manicured gardens, you'll not be without a place to put your feet up and chill.

The resort's on-site 'Zen the Spa' has also now officially opened for business and features 10 luxuriously appointed treatment rooms, traditional Turkish and Moroccan hammam. Best yet, the resort's clubhouse for youngsters, Aladdin's Cave is full of activities for kids and teens, such as various water features and a cinema zone – meaning parents can enjoy a well-deserved break while children are kept entertained.

Bottom line:

Head to this idyllic beachfront resort for a perfect weekend escape. It's a blissful destination for both couples and families, catering to the needs of all.

STAY

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Competition





WIN!

A 1-night stay for 2 at Hili Rayhaan by Rotana!

Win a one-night stay inclusive of breakfast and dinner for two at Hili Rayhaan by Rotana, worth Dhs5,000

Hili Rayhaan by Rotana is the first hotel under the Rayhaan brand to open in Al Ain the garden city of the UAE, reflecting the essence of Arabic traditions. Conveniently located at Hili District, the heritage destination of the UAE, a stone throw away from Oman, Al Ain airport and an hour drive time from Abu Dhabi and Dubai.

Hili Rayhaan by Rotana offers 254 state of the art spacious rooms and suites in an alcohol free environment, a choice of 3 culinary offerings, Elements, an all-day restaurant offering international buffet for breakfast, lunch and dinner; Hili Majlis, a lobby lounge for informal get-togethers over coffee and light snacks and Sundeck Pool Café, the attractive pool café which serves fresh juices and light snacks, Bodylines Leisure & Fitness Club with aerobic room, tennis court, outdoor swimming pool, children's playground and children's pool, steam, sauna and massage rooms. Meeting and conference facilities are an additional benefit the hotel can offer both guests and the local community.

Directly linked to Hili Rayhaan by Rotana, Hili Mall the newest shopping destination in the city with its iconic design combining heritage with modernity, lodges a wide variety of brands under its roof, which will surely add more zest to your stay.

The prize draw for a one-night stay for two at Hili Rayhaan by Rotana,will be made at the end of October 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

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Competition



WIN!

A 3-night stay at The Residence Tunis!

Win a three-night stay with bed and breakfast at The Residence Tunis, Tunisia, worth Dhs6,000

A land of adventure and experiences, Tunisia may only be a small wedge of North Africa's vast expanse, but the country has enough history and natural beauty to compete with many regions twice its size. A place where the word 'ordinary' is not applicable, visitors who seek sun can indulge in the sand-fringed Mediterranean coast, scented with sea breeze with the promise of fresh seafood and a sun-filled vacation whilst those who seek adventure can explore the distinct cultures and incredible landscapes from forested coastlines to Saharan sands.

Known as North Africa's most easy-going city, Tunis' laid-back atmosphere combined with its exotic appeal makes it an excellent destination. From stunning old architecture to adventurous activities and delicious food, there is so much to see, taste and touch in this Tunisian treasure. When exploring these precious pearls, The Residence Tunis provides the perfect resting place. Set along the glistening shores of the azure Mediterranean, where ancient Carthage once ruled, the iconic hotel combines sensual elegance inspired by Tunisia's Arab-Andalusian heritage with the refined hospitality.

A place where mint tea and orange blossom-scented towels welcome guests upon arrival, The Residence Tunis offers an insight into local life for all types of travellers. Set along an unspoilt stretch of beach, where relaxation reigns in a luxurious thalasso spa and a stunning 18-hole golf course designed by Robert Trent Jones II, sun seeks will find rest and relaxation at this hotel. Business travellers will also be able to appreciate the hotel's proximity from the financial district of Tunis whilst family travellers will be able to relish the range of activities and experience including The Dolphin Kids Club.

Foodies will be able to experience this unique destination through a myriad of rich gastronomic flavours with the diverse collection of restaurants that reflect all the appetising flavours, aromas and colours of this enchanting land, whilst history and culture buffs will be spoilt for choice with much to explore in the vicinity, from the ruins of ancient Carthage, one of the most historic sites of the Roman Empire, to the picturesque village of Sidi Bou Said whose quaint charm has provided refuge and inspiration for many famous artists.

Those looking to detox and re-tox can take advantage of the hotel's fantastic wellness facilities. Inspired by the evocative atmosphere of ancient Roman thermal baths, the luxurious 3,500 sqm The Spa & Thalasso, one of the most reputable thalasso spa destinations in the Mediterranean, is a sanctuary devoted to wellness. The first spa on the African continent and in Tunisia to partner with global spa leader ESPA, the spa offers results-driven facials and body treatments designed exclusively for the resort and personalised for each individual guest. Experience the cleansing and purifying influences of Northern Tunisia's sun-nurtured indigenous plants combined with the refreshing, uplifting elements of the Mediterranean Sea whilst submitting to the caring hands of the experienced therapists. The facilities feature 18 treatment rooms, an oriental hammam, a sauna, and two patios for relaxation between treatments. For the ultimate relaxation, slip into the warm waters of the recreational seawater swimming pool, covered by a majestic cupola and surrounded by verdant garden views.

Whether seeking a quiet retreat or an unforgettable family holiday, The Residence Tunis offers ancient history and modern indulgences in one fantastic destination.

The prize draw for a three-night stay at The Residence Tunis, will be made at the end of October 2018. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability. Transport to Tunisia not included.

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

DINNER FOR 4 AT VERSO! WORTH DHS700

The Verso journey will take taste buds on a captivating tour of Italy, with passion infused recipes and flavours reminiscent of Ravioli in Mantova, Spaghetti of Sicily, Pizza in Napoli and Tuscan Pasta Fagioli. The seasonal menu features locally sourced herbs and the finest ingredients from Italy, prepared with love in live open kitchens. With sea views from the outdoor terrace, an immersive casual dining experience awaits at Grand Hyatt Abu Dhabi Hotel & Residences Emirates Pearl.



WIN!

AFTERNOON TEA FOR 2 AT AT.MOSPHERE, BURJ KHALIFA! WORTH DHS654

Indulge in the pleasures of a high tea in the elegant and exquisite setting of At.mosphere Lounge, set on level 122 of the iconic Burj Khalifa. This afternoon tea experience offers breath taking views of the city served alongside a choice of two award-winning high tea menus.

'La Gourmandise' offers a classic collection of mini sandwiches, pâtisseries, and fresh berries served with an extensive choice of teas and coffees from around the world. Choose from the 20-strong tea menu carefully curated and blended for a delightful culinary journey. The beverage menu also features a variety of fruit-infused concoctions – The Tropical Smile (passion fruit and mango layered with coconut-flavoured cream); High Berry (Pink Flamingo tea blended with black currant, cranberry and elderflowers) and Liquid Spa (Mint and peach flavoured aloe-vera juice combined with homemade ginger sugar), in addition to classic teas including the signature white tea.

Try to nab a table by the window to enjoy breathtaking views of the city while you indulge in whimsically decorated sandwiches and pastries, among other tantalising morsels. The sweet and savoury treats are accompanied by a live violinist, making it undoubtedly the most sophisticated tea experience in Dubai.



WIN!

DHS500 WORTH OF KOITA MILK!

One lucky winner with receive cases of any Koita Milk of their choice. Koita Organic Milk has no antibiotics and is gluten-free. Koita Skim Milk will stay good and fresh for up to six months. The Koita Organic Milk Skim is rich in nutrients and ensures a healthy growth and development of your body muscles and bones.



WIN!

A MEAL FOR 2 AT SKYE & WALKER! WORTH DHS500

Skye & Walker is an urban sustainable neighborhood eatery for globetrotters & savvy foodies in the heart of the "old" Dubai.The main feature of our space is the use of reclaimed, recycled & eco-friendly materials. Those natural materials used in flooring, furniture & decor are a reflection of our locally sourced eats. We create guilt-free nutritious dishes including vegan, raw & gluten free choices that are inspired by fresh, local ingredients, sourced through a few handpicked partners. Whether you are looking for social engagement or solitary downtime, our indoor and outdoor hangout sections provide a raw, buzzing environment with classic comfort. At Skye & Walker you get cutting-edge coffee & handcrafted weekend memories in contemporary industrial chic aesthetics.



WIN!

LUNCH OF DINNER FOR A FAMILY OF 4 AT BOARDWALK! WORTH DHS500

Boardwalk is a family friendly, beautiful Creekside restaurant, nestled on the shores of the idyllic Dubai Creek Marina. With its marina inspired interior and a cosy terrace offering spectacular views across the Creek, the iconic restaurant features a striking fresh seafood display reminiscent of a Mediterranean market. Boardwalk is giving away a lunch or dinner experience for a family of four, to come and enjoy the Creek side dining with the family.



WIN!

DINNER FOR 2 AT JONES THE GROCER, EMIRATES GOLF CLUB! WORTH DHS500

Jones The Grocer at Emirates Golf Club is offering a chance to win a dinner for two and enjoy the perfect al fresco dining setting at the heart of luscious green landscape. The fully licensed branch of the Australian food emporium is located on the ground floor of the iconic clubhouse with an indoor and outdoor seating options, as well as grab and go counter offering a range of coffees, sandwiches and snacks, and a kids' corner. This is alongside the classic Jones style cafe menu, including signature dishes such as Jones Wagyu Burger, cheeseboards and charcuterie, with new addition of pork products.

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